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# Heraldo Filipino

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**REUNITED.** Lasallians and non-Lasallians gather to build the third and biggest Human Lasallian Star at the DLSU-D oval to mark the start of DLSU-D's Jubilee year and the closing week of La Salle's Centennial. Photo by John Ceasar Javier (contributor)

## Human Lasallian Star sets new record

By Fatima Dominique Nazareno

More than 20,000 people gathered on June 17 at the DLSU-D oval for the Human Lasallian Star formation 2012. Topping previous records of 10,000 (2009) and 13,000 (2010) participants, the event is for the benefit of the One La Salle scholarship fund.

Project manager Joy Parohinog said there were 18,056 participants including the 17,588 who were given wrist tags and the 468 volunteers who were not. She added that participants from De La Salle-Health Sciences Institute (DLS-HSI), sponsors, and guests who also joined the formation are not counted in the said figures. "So we're looking at almost 20,000 as a conservative estimate number [of] attendees," she said.

Meanwhile, the star formation with the theme "One sign of faith, one La Salle," is the highlight of the Centennial celebration of DLSU-D and DLS-HSI. The

assembly started at 4:45 PM and participants filled their designated locations. An aerial shot of the Human Lasallian Star was shown in a big screen followed by the singing of the One La Salle song and alma mater hymn. DLSU-D President Br. Gus Boquer FSC also delivered a speech. The formation concluded at 5:30 PM following a concert sponsored by Fox International Channels.

"Seeing all those people who came and the elation that they felt, and *siyempre* how they ... shared 'yung experience nila, nakita namin na it was successfully done,'" said Parohinog.

Due to the number of people who want to be part of the formation, there was also an attempt to surround the Lasallian star with white. "We want to accommodate as many people as possible especially those who really want to help and make a difference," she added.

see STAR/page 2

## 40% tuition payment system readopted '20% scheme, unsuccessful' - Admin

By Aira Kristine Esplanada

The administration's decision to re-implement the 40 percent payment of tuition upon enrollment for the present academic year (AY) is due to the "unsuccessful" 20 percent payment scheme last AY. The non-compliance of the students in paying 20 percent of their tuition every month caused the sudden change, says Dwight Corleto, assistant vice chancellor for finance.

From the standard 40 percent tuition payment scheme implemented in the University, the 20 percent system was only introduced last AY to provide

the parents and students a lighter means of paying the tuition fee, says Corleto. However he said, "If you're going to look at it based on the percent of students paying to the cashier using that scheme (20 percent), *para bang ang nangyari* only 30 to 40 percent complied; 60 percent did not. They paid 20 percent then because of that scenario *natin na* no permit [no exam], *naalis na 'yon 'di ba*, you can take your exam even if you do not pay. 'Yon doon kami tinamaan ... [because] the rest of 20 percent or the bulk of the 20 of the balance were paid during the finals."

Corleto said that if the 20 percent scheme was effective

and properly observed in the previous AY, they would have considered implementing it on the succeeding years. However, what the administrators called as an "experimental accommodation" affected the University's cash position and operations, says Corleto. "Meron kaming *late na naming nabili na* equipment, *mga furniture, computer, tapos 'yung mga renovation ng mga* offices. *May kailangan ang estudyante* we could not give it immediately *kasi* our cash

position was affected."

As of press time, many of the students were somehow able to comply with the reimplemented payment system, says Corleto. He added that though they gave considerations to those who failed to meet the 40 percent payment upon enrollment, they are strict in accepting enrollees who still have a balance in the previous AY.

No announcement

Complaints regarding the see 40 PERCENT/page 3

## Enrollment schedule compliance enforced

By Fatima Dominique Nazareno

Starting first semester of academic year (AY) 2012-2013, students who failed to enroll in days designated by their colleges should pay their tuition in banks and SM payment centers instead, as confirmed by Dwight Corleto, assistant vice chancellor for finance. This is to "give way" to those who are paying on their scheduled dates, and to avoid a crowd of enrollees.

According to Corleto, the new policy is also

to improve the payment system in the University. He furthered that they want to prevent the incident last second semester of AY 2011-2012, wherein the enrollment process was beyond control. "Kasi 'yung mga hindi naka-schedule in that enrollment [day], *nagdagsaan labat sila*," he said.

The University cashiers could not afford a mass of enrollees, says Corleto. "Di pupwedeng kung kailan mo makubang 'yung COR

see SCHEDULE/page 2

## New U-break sched to maximize class hours

By Fatima Dominique Nazareno

The need to maximize the use of classrooms due to its shortage moved the University break (U-break) to 4:00 PM onwards on Wednesdays, effective this academic year (AY) 2012-2013, says University Registrar Marielita Esberto.

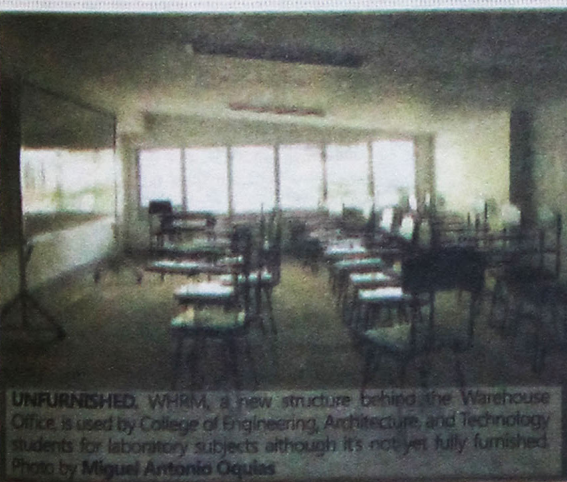
Last AY, U-break was scheduled on 2:30-5:30 PM of the same day, resulting to fewer hours of classes, while the new schedule entails more time to maximize class hours, says Esberto.

She said the academic council decided to compress three-hour classes on

Wednesdays (from 7:00 AM to 4:00 PM) to fully utilize the classrooms as well. "Kapag Wednesday, 7 to 10 [AM] tayo, tapos 10 to 1 [PM]. Tapos [no'n] wala na," she explained, pertaining to the time allotment of subjects in the previous U-break. She furthered that the council opted to extend the 1:00 PM schedule until 4:00 PM to complete a three-hour class.

She mentioned that since holidays usually fall on Mondays or Fridays, the three-hour classes were assigned on Wednesdays thus resulting to changes in the U-break schedule.

see U-BREAK/page 3



**UNFURNISHED.** WHIM, a new structure behind the Warehouse Office, is used by College of Engineering, Architecture, and Technology students for laboratory subjects although it's not yet fully furnished. Photo by Miguel Antonio Oquela



# Fewer activities in Silver Jubilee year

By Paolo Nikko Mabuyo

DLSU-D celebrates its 25th year as a Lasallian institution as well as its 35th founding anniversary. However, Steve Salibay Jr., Jubilee project coordinator, said there will be lesser activities so as not to compromise the academics.

"If you notice ... palaging

ang daming activities [gaya ng] REED week, Linggo ng Wika, excuse dito, excuse doon ... so minsan, nasa-sacrifice 'yung academics sa daming activities," said Salibay, adding that they do not want students to miss their classes during the celebration.

On the other hand, each college will sponsor its own events in line with the theme

"animodlu-d@25/35: Living the Legacy of Faith, Zeal for Service and Communion in Mission." Salibay added that there will also be series of lectures to increase the awareness of the students about the University's anniversary.

Meanwhile, he mentioned that the College of Engineering, Architecture, and Technology

may encounter problems on where to hold their activities due to the unavailability of their building.

The Silver Jubilee year commenced on June 17 along with the Human Lasallian Star formation and will conclude on June 14, 2013. Aside from DLSU-D, De La Salle-Lipa is also celebrating its silver anniversary this year.

## DLSU-D holds K-12 regional training

By Paolo Nikko Mabuyo

In preparation for the nationwide implementation of K-12 basic education system, the Department of Education (DepEd) and the University's College of Education (COE) conducted a mass training for public high school teachers from Region IV-A, held on May 14-19, 21-26 at DLSU-D.

According to Joel Espedido, COE dean and steering committee chair of the training, 1,960 teachers of grade seven (first year of junior high school) students from Cavite and Rizal were trained in different learning areas such as English, Mathematics, and Science. He also said that the training sessions were adopted from the national level of training imposed by DepEd that encourages teachers to follow content and performance standards for 21st century learners.

The trainers include master teachers from DepEd and DLSU-D, who also took intensive preparations themselves, says Espedido.

He furthered that COE was selected to conduct the training because the college was recognized as a center of excellence in teacher's education program by the DepEd and the Commission on Higher Education (CHED).

### Spiral approach

Meanwhile, Espedido said that the teachers would apply the spiral approach of teaching, wherein students will be first exposed to the fundamental concepts of a subject and as the lessons progress, the subjects will be tackled further for the learners.

"Noon kasi napakong-congested ng mga subjects. For example, sa science, when we were [in] first year, we have Integrated Science. Second year ay Biology.

Mapapag-aralan lang natin 'yung Biology kapag natapos na natin ang Integrated Science. But this time, a little of [these subjects] will be taught as early as first year. Students will be given a total view of what they should know for a particular topic, concept, or principle," he explained.

### Expectations

On the other hand, Espedido anticipates that the teachers who participated in the training are now prepared to handle the grade seven students. "They should deliver the goods to the learners," he said.

He added that this is the first set of training for the teachers who will be dealing with the new K-12 curriculum. "We are expecting more. But this time, 'yun lang muna ang meron tayo because that [training] was decided by the [DepEd]."

### SCHEDULE from page 1

(Certificate of Registration) mo, maski among schedule ... mage-enroll ka dito sa cashier... magkakaroon kami ng problema niyan sa bulk ng mage-enroll. "Di namin makakayanan," he explained.

On the other hand, Corleto mentioned that given a few number of students waiting in line at the payment counters, that's the time they can accommodate even those who already missed their enrollment schedules.

Fourth year student Ruth Polon commented on the said policy. "Di naman labat ng estudyante kayang mag-comply do'n (enrollment schedule) kasi umaasa lang naman sila kung kelan magkaperang ang parents nila," she said.

Complaints on service charges when paying in banks and payment centers were also raised. Corleto furthered that they could not do anything about the service charges since those students have already missed their enrollment schedules. He added that the University Registrar also gave further notice about the said policy through the DLSU-D portal.



**PILGRIMAGE.** The University Chaplain celebrates the Holy Mass for the visit of the Jubilee Cross on May 7. Photo by Ma. Jasrelle Serrano

### STAR from page 1

Meanwhile, Gov. Jonvic Remulla declared June 17 as "green and white day" in line with the event and its cause.

### For the scholars

On the other hand, Parohinog said they aim to raise P2.5 million for the scholars. The collected money from the event will go to DLSU-D and DLS-HSI's scholarship funds as part of the One La Salle scholarship. "So kung ano 'yung ma-raise ng HSI will go to them ... Tayo, kung ano 'yung ma-raise din natin, sa'tin din mapupunta. It will go to the pot of La Salle-Dasmariñas and it would add up to our scholarship fund," she said. Parohinog added that the Scholarship Program for Educational Assistance and Development (SPREAD) would determine the number of scholarship grantees in the University based on the amount they earned from the project.

"Ang Human Lasallian Star is just one of the many events that intend ... to raise funds for scholarships. So hopefully, itong ma-raise natin would be really enough to get more scholars ... Kasi 'yun naman talaga ang objective natin. It would not go to anybody's pocket," added Parohinog.

As of press time, she said that the total amount raised from the Human Lasallian Star formation is yet to be consolidated. She added that

they still receive sponsorships wherein the money collected will be added to the scholarship fund. "Even now there are still sponsorships coming ... So we really hope that we have met the P2.5 million for this."

### Rough ride

"The journey to the Human Lasallian Star to us is a roller coaster ride. It was never a bed of roses," says Parohinog. She said that the event won't be possible without the help of the volunteers. "I'm just blessed that I have volunteers who are really hardworking. Their heart is into this and they understand what it is for," she added.

Meanwhile, Parohinog said that they are uncertain for the possibility of another human star formation. "Siguro if there's the full support of the community, why not? Kasi mahirap gawin kung kakaunti lang kayo e. Maraming struggles ang human star [formation]," she said.

Before its success, the Human Lasallian Star project also faced difficulties and changes in the original plan. Supposedly, all Lasallian schools in the country will form one star on March 4, 2012 at the Cultural Center of the Philippines Complex, but due to transportation costs and sponsorships, the De La Salle Brothers opted for separate formations in all the La Salle schools.

# Lasallian SPOON, Green GARMENTS: Increase support to scholars

By Paolo Nikko Mabuyo

The University's scholarship grant is not enough to assist the SPREAD scholars due to limited financial means. This prompted the administration to initiate the Lasallian SPOON (Support Program and Opportunity for Oneness through Nourishment) and Green GARMENTS (Generating Assistance and Resources for Maintaining Educational Nurturance and Training for Scholars), says Rhea Espiritu, Student Scholarship Office coordinator.

According to Espiritu, they launched the Lasallian SPOON to provide meals for scholars through meal stubs that can be used in selected concessionaires inside the University. "Kasi meron tayong mga student assistants na nakakakain lang sa umaga or kapag nagbaon sila," she explained.

Meanwhile, the Green GARMENTS program encourages the DLSU-D community to donate used clothes and old uniforms for the Lasallian scholars. "Maraming scholars kasi ang

isang set lang ng uniform ang mayroon sila so malaki talaga ang maitutulong nito sa kanila," she added.

Donations will be accepted through the Student Scholarship Office or Accounting Office, says Espiritu. On the other hand, she said that DLSU-D employees can also contribute to the cause through salary deductions.

### Encouragement

Espiritu encourages the Lasallian community to take part in the said projects by giving scholars financial support, which

can help them buy food. She also said that students and employees could help by donating used clothes or uniforms to our working scholars to live up to the examples of St. John Baptist de La Salle in providing means for the poor to continue their education.

"Let's be part to of this project, malaking tulong ang magagawa natin [by] giving them one meal per day and giving them additional used clothes or uniforms na hindi na natin magagamit na very valuable pa para sa kanila," said Espiritu.

## REACT

Starting this academic year, the old 40-percent-upon-enrollment payment system takes effect after semesters of observing the 20 percent payment scheme. The administration says the latter was not successful, and it affected the University's operations and cash position.

We asked DLSU-D students about their reaction on this decision.



Parang mas mahihirapan pa 'yung mga students, 'yung mga parents. Mahirap maghanap ng cash for the 40 percent itself. So tingin ko, mas preferred ng mga students 'yung 20.

Amstel Mc Ginnis

Fourth Year Electronics and Communication Engineering



Hindi po kasi sila nagbigay ng notice sa mga estudyante kaya hindi naging aware. Marami pong napauwi dahil sa naging 40 percent na nga po 'yung policy. Ang dala lang po talaga nila, 'yung usual talaga is 20 percent.

Charline Rancap

Third Year Human Resource Development



Kaya ako na-delay [sa enrollment] kasi naghahanap ako sa 40 percent na pambayad ... [Kung] 'yung 20 percent sana, mas maaga sana ako naka-enroll.

Christian Gregory Magno

Fourth Year Management



Mas okay na 'yun kasi 'di ba, 40 [percent upon enrollment] tapos 30-30 [sa] prelim, midterms ... 'Pag finals kakaunti na lang 'yung iisipin ng mga magulang na babayaran.

Mark Henry Callope

Fourth Year Tourism



Hindi naman talaga labat ng students dito capable makapagbayad ng 40 percent lalo na kumwari may mga kapatid ka na kasabay mong mag-enroll, so katulad ko ngayon, na-late ako mag-enroll kasi hindi talaga kami nagkaro'n ng budget kasi usual kasi 20 percent talaga 'yung binabayaran ...

Ckissadora Nieves

Second Year Economics



Hindi naman ako magulang pero kapag iniisip ko, medyo magbigat talaga siya.

Marvin Cuaderno

Second Year Physical Education



Mas konti na lang 'yung babayaran kung malaki na agad sa upon enrollment. Kaya lang po ... nung nasa online enrollment, 20 percent ... tapos biglang nagbago on that day [of enrollment].

Ellaine Dolotallas

Second Year Architecture



Walang formal notice to the students and to the parents. Hindi naman 'yung pera ngayon, napupulot nang basta-basta ... Siguro proper dissemination lang ng information. Maganda 'yung objective, but still ... the announcement, the information, sobrang late na binigay.

Nikko Francia

Third Year Human Biology

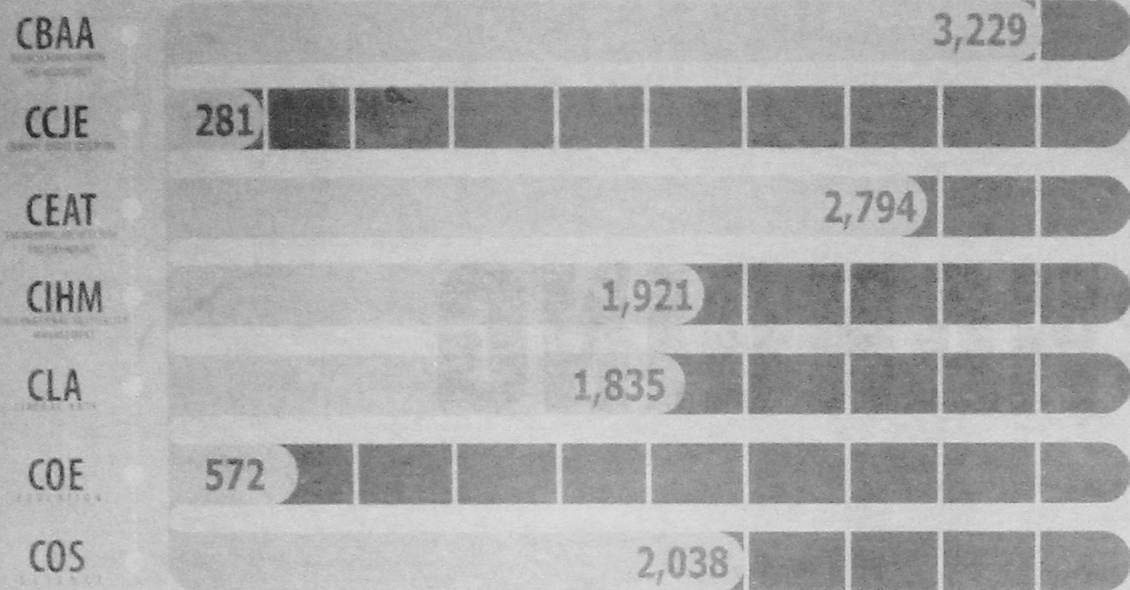


Hindi kami aware na binalik siya sa 40 [percent], kaya marami ring parents na sa admin nagre-react no'n, na bakit gano'n, hindi sila na-notify.

Helyna Astrid Magallanes

Fourth Year Psychology





**ENROLLMENT FIGURES.** As of June 21, a total of 12,670 undergraduates enrolled this semester, with the College of Business Administration and Accountancy having the most enrollees, while the College of Criminal Justice Education still records the lowest student population.

U-BREAK from page 1

**Lapses**  
On the other hand, not all colleges in the University could experience the same time of U-break. Esberto said that students from the College of Engineering, Architecture, and Technology will only have their U-break from 4:00 to 5:30 PM since they also need to maximize their class hours which is also due to classroom shortage. Esberto furthered that the Office of Student Services raised the concern about student activities that will be affected by the change in U-break schedule. However, students are asked to bear with the situation until additional classrooms will be available. "Sabi nga nila (academic council) 'please bear with us' muna, pero affected talaga ang activities ng mga estudyante," she said. Esberto also said that the current U-break schedule will be followed until enough classrooms in the University are available.

## COE qualifying exam to improve graduates

By Fatima Dominique Nazareno

The College of Education (COE) enforces the qualifying examination for second and third year students as part of improving their graduates' performance in the Licensure Examination for Teachers (LET). COE Dean Joel Espedido said this is also in line with the COE's retention policy that will challenge their students' stay in the college.

The qualifying examination which was initiated in the second semester of AY 2011-2012, will be taken by COE students at the end of every AY. Second year students who will take the exam will be eligible for the next year level, while the third year

students are being prepared for their practice teaching. "So we are really selecting. We are maintaining good and quality students so that we could produce graduates who can make it in the LET," he said.

Espedido added that the qualifying exam will retain students who are potential teachers. "Di naman tayo basta-basta makakapayag na [ang mga estudyante], hindi na nga makakapapasa sa board, hindi pa makakapagturo. Hindi naman tayo papayag na bumaba ang kalidad ng edukasyon sa Pilipinas, 'di ba?" he said.

Students who failed in the exam are advised to transfer to another college in the

University, says Espedido. However, he furthered that they still give considerations and allow them to re-take the exam after evaluations of class performance through interviews and observations. "Tsine-check [din] namin 'yung grades. 'Pag maganda 'yung grades, we are thinking of baka there are reasons why he or she was not able to make it in the qualifying exam. So what we did, we still give them the retake of the qualifying exam," he added.

Meanwhile, results of the qualifying exam will help faculty members improve their teaching strategies, says Espedido.

## DLSU-D, National Museum host biodiversity symposium

By Paolo Nikko Mabuyo

The Wildlife Conservation Society of the Philippines (WCSP), together with Fauna and Flora International, supervised the 21st Annual Philippine Biodiversity Symposium on April 17-20, at the Philippine National Museum and DLSU-D.

According to Ronaldo Lagat, Biological Sciences Department (BSD) faculty, the conference, with the theme "Forests Sustaining Life," introduced local and foreign studies on wildlife conservation prepared by various researchers, scientists, and students. Also, press conferences, workshops, and seminars were conducted to provide supplementary information to the participants.

Johnny Ching, College of Science dean, and BSD Chair Cherry Cuevas, organized the conference in the University from April 18-20, as the first day was hosted by the Philippine National Museum.

WCSP is an organization that advocates advanced wildlife research and conservation in the Philippines by providing technical assistance and promoting collaborative research.

## Chorale wins 4th in EU-supported choir battle

DLSU-D Chorale placed fourth in the open category of the Musica FEUropa IV, a European Union (EU)-sponsored choral competition, held at the Far Eastern University (FEU) on May 1-2, contending with top choirs in the country.

Winners in the open division are University of Visayas Chorale (1st place), Technological Institute of the Philippines Chorale (2nd place), and Holy Angel University Chorale (3rd place). Meanwhile, Boscorale of Don Bosco Makati placed first in the high school category.

According to Martin Lopez, FEU-President's Committee on Culture (PCC) executive director, the event promotes the EU composers in the country while showcasing the exceptional skills of Filipino choral groups and composers. The competition is also part of the "Viva Europa 2012," a cultural showcase that promotes the EU's heritage with the Filipinos.

## BSA students top CIMA challenge

BS Accountancy students emerged as grand champions in the 2012 Chartered Institute of Management Accountants (CIMA) Global Business Challenge, an international business management competition, held at Century Park Hotel in Manila on June 1.

DLSU-D delegates, "The Patriots," are Jane Charmane Ariola, Joe Marie Francisco, Nickol Argel Salazar, and Francis Kim Torres, who won against 23 other representatives from different universities nationwide. The team, headed by Chief Compliance Officer Mary May Eulogio, is set to represent the Philippines in the global finals at Colombo, Sri Lanka on July 21-25.

Other winners are DLSU-Manila's "Green Archers" (first runner-up), and University of the Philippines-Visayas' "Scions Consulting" (second runner-up).

The 2012 CIMA Global Business Challenge is sponsored and organized by Philippine Institute of Certified Public Accountants, Association of CPAs in Commerce and Industry, Philippine Duplicators Inc., CIMA, and Barclays, Pic.

## Lasallian bikers pedal across PH for scholars, environment

By Paolo Nikko Mabuyo

Two DLSU-D bikers traveled from Luzon to Mindanao to collect funds for the Lasallian scholars, and to campaign for the preservation of the environment through the Amazing Raise, a bike-for-a-cause initiated by the University for the One La Salle Scholarship Fund and Project Carbon Neutral (PCN).

On June 16 to July 2, Fred Agustin and Gio Espital traveled from Jaime Hilario Integrated School-La Salle in Bataan to De La Salle-Don Bosco College in Surigao del Sur to collect pledges for

the cause. "Bale 'yung distance from Bataan to Mindanao is 1,500 kilometers. We're going to use the bike to pedal across sa dalawang points na 'to. Every kilometer ay P1,000 ang ipe-pledge. Every 100 meter [naman] ay P100.

Open sa labat 'yung pagpe-pledge, kahit sino pwede mag-donate," Agustin said. He said that anyone from the DLSU-D community can send their donations and pledges for the cause through the University Advancement Office. Agustin furthered that the bike-for-a-cause intends to unite all 17 Lasallian schools across the country.

### Greener La Salle

Agustin said they chose to use bicycles for travelling to support the PCN, as well as to promote biking to his fellow Lasallians. "'Yung biking, good siya sa health tapos makakatipid ka pa lalo na kung malapit ka lang [sa school]. Nakakatulung ka pa sa environment dahil walang carbon emission ang bisikleta."

Meanwhile, Agustin expects that they will garner a total of P1.5 million from the pledges.



**REPLACE.** Changing of old telephone lines near the Ladislao Diwa Hall consumes some space in the admin building parking lot. Photo by Ma. Jasrelle Serrano

### 40 PERCENT from page 1

sudden re-implementation of the 40 percent scheme were raised. Broadcast Journalism student Oliver Sibugan said "Hindi naman agad nila in-announce na magiging gano'n ang payment scheme. Hindi naman labat kayang mag-adjust sa 40 percent [payment scheme] na 'yon. At the same time, sinabay

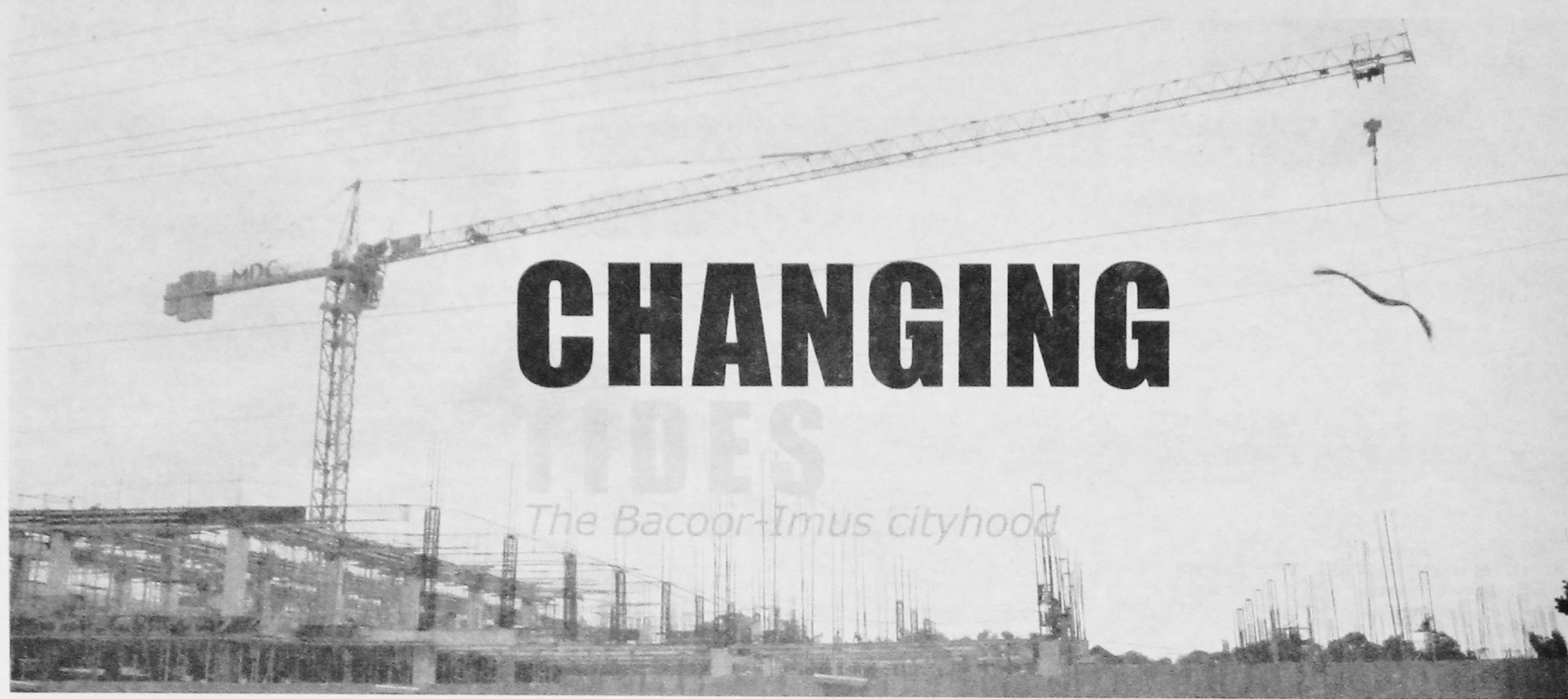
pa nila sa tuition fee increase." Corleto said that the Information and Communications Technology Center (ICTC) failed to update the changes on DLSU-D portal by the time the decision to implement again the standard payment scheme was finalized in April. "Pero later on na-update [na]. Kaya 'yung mga

nagbayad na ng ano (20 percent of tuition upon enrollment) ... wala na kaming magawa kundi to accept. Kasi nga hindi agad nila (ICTC) nabago," Corleto added that they did not make necessary announcements regarding the old 40 percent payment scheme since it is already stated in the student handbook.

## INFO ACCOUNT JUBILEE CALENDAR OF ACTIVITIES

<b>Jul</b>	Film showing, lecture series, exhibit Launching of Gawad Tala	<b>Oct</b>	Jubilee Climb Teacher's Wellness Week Disability: My Juan Wish	<b>Jan</b>	UIFO and CMO exhibits TAKATAK 2013: The Jubilee Run
<b>Aug</b>	Lecture series (6-31) Next 25: an art exhibit (20) An Hour with Alumni Achievers (20) Rediscovering Lasallian Spirituality: An encounter with De La Salle Brothers and La Salle Sisters of Guadalupe	<b>Nov</b>	Project gift-giving activity Drug Awareness Month motorcade Seminar on drug awareness SERENATA Choral Fest (12-13) ICTC Week	<b>Feb</b>	Mr. & Ms. Teen Tourism Philippines 2012
<b>Sept</b>	Jubilee Concert (17-21) Students Week	<b>Dec</b>	Grand GALA Night Christmas bazaar TALA Awards	<b>Mar</b>	My Juan and True Love
				<b>Apr</b>	Lasallian Festival
				<b>May</b>	Animo Job Expo
				<b>June</b>	Staff Fun Run, sports fest, recognition night Grand Alumni Homecoming (14) Closing program





# CHANGING

The Bacoor-Imus cityhood

By Angelica Mei Dollesin and Francesca Garchitorea  
Photos by Albert Niño Gamino, Mary Jo Lara, and Miguel Antonio Oquias

Two years after Dasmariñas was hailed as a city, its neighboring municipalities in District II and III of Cavite have also adapted to the same change. Bacoor and Imus conducted their respective plebiscites on June 23 and 30, where their own citizens voted for the grant of cityhood. Bacoor even promoted this through the Alay Lakad 2012 on June 17 which was participated by 10,000 residents. A day after its plebiscite, a total number of 36,226 voters or some 80 percent of the voters agreed for Bacoor's cityhood. As for Imus, 22,752 or all of the 14.99 percent of the voting citizens voted yes for their town to advance to become city.

Bacoor, known as the "gateway" of Cavite, and Imus, the official capital of the province, have officially become Cavite's fifth and sixth cities, next to Cavite City, Trece Martires City, Tagaytay City, and Dasmariñas City. These two municipalities were converted into lone districts in December 2010 as approved by the Congress and Malacañang. This was released as an official statement by Senator Ferdinand "Bongbong" Marcos Jr.

## Qualifying conditions

The Republic Act (R.A.) No. 9009, amending Section 450 of R.A. No. 7160, also known as Local Government Code of 1991, states that in order to convert a municipality into a component city, it should have an annual income of at least P100 million for the last two years; a territory of at least 100 square kilometers; and a population of not less than 150,000. A municipality must meet at least two of these requisites to qualify for cityhood.

Both Imus and Bacoor were unable to meet the territorial size requisite because the former has 71.66 square kilometers while the latter has 52 square kilometers. However, Imus was still qualified for cityhood for having more than 300,000 citizens according to National Statistic Office 2010 census of population, and more than P535 million of income as of 2011. Bacoor also qualified because of its more than 540,000 population based on their 2011 census, and an income of more than P474 million.

## Gained benefits

On April 10, 2012, President Benigno Aquino III signed the R.A. 10160 and 10161, also known as the Charters of the City of Bacoor and Imus respectively, which approved the conversion of the two towns to component cities of Cavite.

Ernesto Miranda, municipal administrator of Imus, cited the many benefits a municipality will get from cityhood. "Usually, investors prefer city than municipalities," he said. Once Imus is converted into a city, investors are more likely to prefer it and set up more business establishments—from shopping malls to independent stores—in order to accommodate the growing number of customers due to an expected population increase which would also entail more financial prospects to gain from.

Furthermore, the Local Government Code of 1991 would grant Bacoor and Imus an increase in their internal revenue allotment (IRA), the local government's share of revenues coming from the national government based on land area and population. "So ang maghahati-hati diyan (IRA), barangay, munisipyo, city, saka probinsya. So may kanya-kanya silang hatian. So iba ang hatian ng munisipyo, iba ang hatian ng city," said Miranda. Bacoor and Imus will also receive higher revenues now that they have become cities compared to when they were only municipalities.

Since Bacoor and Imus are now recognized as cities, the provincial government of Cavite will not get a share of the real property tax of these two cities, since they already have the power to levy their own taxes in whichever form they deem fit for the benefit of their citizens.

Moreover, government offices will also be existent inside the cities such as the Department of Trade and Industry, National Statistics Office, Land Transportation Office, Philhealth, Bureau of Internal Revenue, Social Security office, and many others.

## Invaliding misconceptions

Concerns regarding the possibility of an increase in taxes were issued by the residents of the newly converted city. According to Miranda, although tax increase is theoretically true, he explained that "it can be suppressed by including certain provisions according to the law creating the city." The Suspension of Increase in Rates of Local Taxes (Section 56 of RA 10161) states that "no increase in the rates of local taxes shall be

imposed by the City within the period of five (5) years from its acquisition of corporate existence."

In an article found on *Philstar.com*, Bacoor Mayor Strike Revilla explained the tax issue linking the conversion of Bacoor into a city. "After five years, the tax increase is not automatic, the city council will still determine if the city needs to adjust its tax rates. And if so, it (tax increase) can't be more than 10 percent," he said. Also, there should be an ordinance from the Sangguniang Panlalawigan, Panglungsod, or Sangguniang Bayan before its approval.

Another misconception of the public about the cityhood of a municipality is the increase in crime rates because of the boom in population. Miranda said that whether a municipality becomes a city or not, this possibility is likely to happen. This also depends on how officials will effectively govern the city itself, especially its citizens.

## Open for progress

For more than two decades, both Imus and Bacoor have excelled as municipalities. In 1997, the very first SM mall in Cavite was built in Bacoor. In addition, Imus became the a third class municipality in 1992 after being a sixth class municipality in 1986. It was also recognized as a lone district in 2009, meaning the municipality could mostly stand by its own feet.

Cityhood is not only a privilege people deserve but also a prestige well-earned. It can be said that the time to grant them cityhood has long been anticipated and planned for, especially if the ones who will profit from it are the citizens. In achieving cityhood, a boost in economy as well as in progressive community expansions will be granted for both cities.

Still, weighing in both pros and cons, it can't be said for certain if converting Imus and Bacoor into cities will also improve their people's ways of living. Tax imposition and price hikes in products are foreseeable as the population will also surge high in a newly converted city.

Nevertheless, Bacoor and Imus' attainment of cityhood will remain a turning point for growth and development. It must be ensured that such things are not fleeting ventures but rather a sustainable climb to the top where a great majority of people can benefit from.



We consumers buy the latest gadgets, clothes, and other products, giving the brand or companies appreciation and gratitude for delivering our wants and needs. What we often ignore (or are ignorant of) as we become overwhelmed with what we just attained are the stories of hardships by the employees who made those products. What we don't know is that the people behind the things we have are exploited and deprived of their basic rights not only as workers but as human beings as well.

Most workers, particularly those in manufacturing factories and plants, are often treated like workhorses. They work for a 13-hour shift and are paid with

a minimum wage. Sometimes some of them work for 22 hours without any overtime pay. There is no security in their jobs for they are only entitled to a five-month contract. Another month of stay means higher salary and benefits which the company tries to avoid as part of their cost-cutting strategy.

This is but a picture of the labor situation in our country. Given the choices between starvation and appalling working condition, most would choose the latter, especially if they have families.

I was like most consumers who are only concerned with buying and getting the best out of my money, until I came across various articles about how and where these products come to be. According to *Bulatlat.com*, workers of a food and beverages company requested for inclusion of retirement benefits but was not negotiated. The workers

## Wanted: Humane jobs

went on strike that resulted to bloody injuries and unresolved extrajudicial killings. The company also used the said strike as grounds for terminating and blacklisting these employees in the job market of the area; those who led the

“Money matters but it matters unreasonably...”

protest were assassinated. For more than nine years now, these people are still fighting for their rights and seeking for justice.

Another company overseas executes the same kind of cruel labor

condition. *Dailymail.co.uk* featured how Chinese factories of well-known gadgets let their employees work excessive overtime, a 24-hour shift without a single day off. More than a hundred of them were injured from using a poisonous chemical while some were killed from explosions. It's a frightening "work hard on the job today or work hard looking for a new job tomorrow" scenario.

Truly, these well-known companies put all their efforts in persuading their consumers with their feel-good TV advertisements and extravagant media campaigns, but then refuse to allot even a little amount of time to settle their dispute with their workers who are only asking for financial security and humane treatment. These multinational companies earn millions to billions every day so I do not understand why they could

not just provide their workers the welfare they deserve. Cutting on their expenses should not mean forsaking employees' rights.

Money matters but it matters unreasonably that some people venture into business for the sake of gaining profit and nothing else but profit. It frightens me that sooner or later I might be in the same line of profession (since I aspire to be in the corporate world) with these people who discard an individual's rights and well-being like it's completely normal. But wherever fate takes me, there's something I'm sure about myself: I would not be part of the race if it's only in pursuit of money, power and reputation. It is better to always prioritize people's welfare first before the success of a business than to cover up crimes behind well-funded campaign and sales advertisements.





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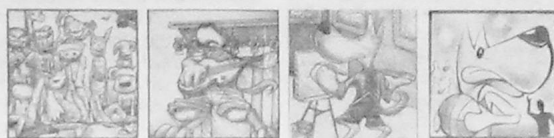
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Kampusapusapan

I-TWEET NA ANG INYONG MGA HINAING!

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## Tweets



**Shusana Rose** @MissSexy

4m

Dapat trending topic ngayon ang #ProfManyak e. Yung sa adapted PE class nga, maton na may boobs, ang notorious. Akala mo BANGAW kasi laging naka-sunglasses. :))



**Johnina Maganda** @FruityFly

21m

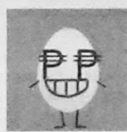
Marami sigurong mansanas sa University Clinic. Laging walang doktor e. #NaimpachoSaAppleSiDoc



**Anabelle Bilin** @KabogrongKabogera

22m

Si Ate @DeptSecretary dapat yata sa call center nagtatrabaho. GO LANG NG GO sa pakikipag-usap sa telepono! Dahil ba mga estudyante ang nagbabayad ng telephone bill?!



**Undress Bonnie** @Aktibiztah

25m

#NoPriorNotice na #403030 na ba ang pakana ng admin ngayon para makalikom ng pondo? Parang sapilitang donasyon lang a.



**Couch Potato Dot Org** @LazyZong

30m

Kung ayaw mong mag-swimming, mag-take ka na rin ng adapted PE!



**Yeah Sisid!** @ProfSwimming

32m

Reply @LazyZong magpakita ka sa'kin bukas. Mag-uusap tayo.



**KAMPUSAPUSAPAN** @heraldofilipino

35m

@LazyZong @ProfSwimming #PatayKangBataKa LOL.

Hide Conversation Reply Retweet Favorite



**Tim Yak** @MrOCD

1h

Pinto sa CR ng CIHM, nasisira dahil sa sobrang paghilab ng tiyan? :)) Pinagbuntungan ba 'yan ng constipation dahil hindi mailabas? Ahahaha!



**Marianne Imbyerna** @BeachyBABE

1h

Naiwan ng eroplano si Sir! Nawili kasi sa Bahamas, pumipirma sa buhangin imbes na sa lab ID ng mga estudyante. #IbaonNaYanSaBuhangin



**Choco Martyr** @SeñorDoGooder

2h

Nakakabilib ang pasensya ni @SCAdviser! Hands down at tango lang nang tango sa mga pang-aaway ng bagong upong SC. #WithGreatPositionComesGreatPowerTripping



**Princess Queen Kaharian** @ReynaReklamadora

2h

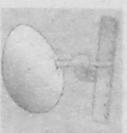
Masuka-suka ako nung nakita ko yung ONE and only fave omelet ko na may langaw sa loob! Langaw! #LasuninKoSilaE



**Indian O. Gives** @MuteTated

3h

One ako umalis sa room at, ayon sa clock, one din ako dumating sa Admin! May pakpak ata ako e. LOL #TimeStandsStillInDLSUD



**Daya-na Tubiri** @ARCista

3h

Gamitin daw ba ang mga freshmen ng ARC para sa floor plan ng isang resort? Mas malala pa 'yan sa plagiarism a. #BinulsaNiSirAngSecondFloor



## EDITORIAL

# The CEAT situation

When the College of Engineering, Architecture, and Technology (CEAT) Building has been declared structurally unfit, it led to evacuation by the end of last semester without much of a forewarning. Now that the six-story building is no longer available for use, many wonder where would its near-3,000 CEAT student occupants have their classes. The answer is still not very clear.

The assessment that the CEAT Building has become unfit for use because of its weakened foundation was announced only later in March, prompting the administration to deal with the sudden situation as quickly as they can. With only two months before the resumption of classes, it would seem that the solution to the problem of accommodating the CEAT students was like a nut too hard to crack for the University. But with enough resources and resourcefulness, the school has found a way to fix the situation—somehow.

In April, the construction of two Candido Tirona Hall (CTH) extension buildings, situated beside the administration building, was started and the first of which was finished remarkably fast. It was only right that the buildings were finished on time, considering that the University had already scheduled classes in the then-unfinished extension buildings even before their completion. And so by the start of this academic year, one of the CTH extensions was ready to be occupied. The building is already equipped with the essential facilities, but the two-story, 16-room building cannot cater to all the CEAT students. This is why their classes are also conducted in different buildings around the University. Aside from the CTH extension, Mariano Trias Hall (MTH) and GDO are the most utilized areas for CEAT classes. A new building was also built at the back of the Warehouse Office. Called WHRM, the new structure consists of nine classrooms where laboratory equipment, which are cited to be the main reason for the CEAT Building's weakening in the first place, are placed. However, not all of the engineering machines from the old CEAT Building have been transferred to WHRM as of writing. Laboratory classes are assigned to be held in these rooms until the new building has been erected. As of press time, the structure is poorly furnished: there are no air-conditioning units and electric fans installed in the rooms at all. According to CEAT Dean Engr. Jose Rizaldy De Armas, the finalization of the WHRM has been delayed and is expected to be accomplished by June 30. For the meantime, the laboratory classes that are supposed to be held here are moved to MTH.

The other half of the CTH extension, which will have 10 classrooms, was also not completed before the opening of classes, though the structure's full utilization was also expected on June 30. De Armas said that classes assigned in MTH will soon be moved to this other extension structure once it becomes functional, since MTH will have to be vacated to make way for the erection of the new CEAT building. The CEAT dean added that the rooms in front of the College of Business Administration and Accountancy Building will be where the new CEAT building will be put up. De Armas said that construction will likely start this July.

Another adjustment CEAT students, especially the upperclassmen, need to get used to is the implementation of later class schedules. De Armas admits that more students are experiencing night classes that extend up to 8:30 in the evening for this semester compared to previous years. In such way, the use of classrooms is maximized, he said.

Meanwhile, offices that were once located in the CEAT Building are now in different locations. The CEAT Dean's Office and the CEAT Student Council Office are now found at MTH115. The University Research Office is now situated at the Girl's Dormitory, while the Office of Student Services is back to Gregoria Montoya Hall.

When the new CEAT building rises, the CTH extension buildings will serve as classrooms for other colleges. But for the meantime, our future engineers and architects would have to fit themselves in these new structures and cope with whatever quick fix the University came up with in a matter of two short months.



## Backward liberalism



**BAD GUN  
BAD GUNK**  
tomas.brianmey@gmail.com  
Brian Mey R. Tomas

College is where we are supposed to enjoy the prime years of being young. Other than all the wild partying that will happen in your college life, a significant part of having fun in this last stage of education is expected to take place inside the university itself. Activities and events in the school are what many students anticipate to make their college lives more fun and interesting. That, and of course the freedom they thought they'd get after the humdrum of high school. But in a school so conservative as DLSU-D, fun and freedom seem to be words not quite usually uttered by its students.

I won't even make an effort to sugarcoat it and just say that DLSU-D has been left in time by the liberal world. We have been stuck in traditions, which take the form of grave rules that compromise the students' ability to express themselves and enjoy their freedom. I do understand that we are in a Catholic institution and as such have to conform to the tenets of the religion (morality principles and whatnot). I also get that certain rules regarding the students' actions have to be set and observed. But sometimes the school's keen attention to implementing its many, many excessive rules often suffocates and set unjust restrictions to the

very people it tries to regulate.

Exhibit A: the University's dress code. The existing dress code in the University, implemented with extreme strictness by the Student Welfare and Formation Office or the beloved SWAFO, is a shining example of how DLSU-D confines its students and lags behind the liberalism practiced by various progressive universities in the country, including of course some of our sister schools. We're an institution that still thinks every regular school day calls for formality that no one can ever wear slippers or shorts to school because apparently, that is some sort of disgrace to the

its approval was carried out. Practically, every action you want to do inside this school has a corresponding complicated process that is observed (again) strictly by the University and the people who govern it. Even simple things like occupying a vacant space for an extra-curricular activity entail a long process with the administration that would take you days, if not weeks, to accomplish. Here's the clincher: not every proposal or request by the students gets granted by the school, because you know, *rules*.

Let me get this straight: I don't speak against having rules. Of course, rules should exist and for right reasons. What I have something against is the University's all too strict implementation of its backward rules that only deprive the students of any form—even the tiniest form of freedom and trust they deserve as college students and as young adults. We are not eight-year-olds who need constant reminders on how to behave. What we need is a little confidence from this university: trust that even without a bunch of adults roaming around the school to check that our footwear is closed and our jeans aren't tattered, we know what's right from wrong, and decent from not.

I can see that the University just wants to be the goody-two-shoes institution where everyone is disciplined and well-mannered. That is an acceptable vision, but the school totally could afford a little loosening up. After all, it is a university where young minds are supposed to grow and be allowed to make the most out of their youth. And that's something that may not completely be fulfilled if we're forced into a box too small we can't even move.

“We are not eight-year-olds who need constant reminders on how to behave.”

institution. And don't even get me started with the many types of clothing a DLSU-D student cannot wear during the two days we allow ourselves to express our individuality—individuality which is ultimately lost because of the very limited ways we can show it.

Exhibit B: the University's tight control of what the students can and can't do inside this school. Our university prohibits students to hold whatever activity they want inside the campus unless the long set of procedure for

## The not-to-be complex



**TERRA IN  
TERRA INCOGNITA**  
ekakwentista@yahoo.com  
Francesca F. Garchitorena

People like to think they are original. We like to think that there are so many things about us that can't be imitated by others, because we believe we are that special. Almost everyone secretly or proudly embraces this thinking because, apparently, uniqueness is some sort of birthright.

The uniqueness that we want to define our lives with can be validated by different forms of freedom of expression such as our opinions, our job titles, or our material possessions. Sometimes we think that we got life figured out especially when we've undergone experiences that some people just don't have, and so we think that those things already make us ahead of the multitude. This is a self-entitlement we are all guilty of once in a while. It's utterly human to desire individuality. It's certainly better than being content with sheep mentality, where you are enslaved by the majority when it comes to trends, regardless of your true personal feelings.

Among the obedient sheep, there are people who find ways to claim their originality by fighting for things they believe make them

special and therefore better than the general public. These individualists hate blending in and do whatever it takes to stand out from the boring conformity that rules over our lives. These individualists are dreamers and achievers; socialites and social climbers; the ambitious and the cutthroat. They struggle to ultimately accomplish amazing things when the rest of the “ordinary” flock is trapped in boxes and squares, pushing only the buttons that they are told to do so.

“Be yourself” is an overrated concept.

To some, being original also means never compromising who you are and what you want to become. It means doing everything opposite of the way things are generally being done. They are against the system because the system holds them back from being creative, innovative, etc. There are so many of these people who know that they are meant for so much greatness and will not take a bow to anything or anyone who might question their pursuit of individuality. The only flaw in this admirable conquest is that sometimes, most of these individualists contradict, criticize, and

challenge the general way of things for the sake of impressing others on how progressive they are. Individuality then becomes false superiority, a sort of coping mechanism for people who are afraid that they may not be as special as they thought they were.

When people want to be original or at least fight for the right to be one, they get blind-sighted by the positive and enhancing benefits of giving into conformities here and there. There is nothing boring or oppressive about following a crowd as long as it's the right crowd. One's individuality is not automatically lost once it joins the majority. In fact, accepting communities into our lives and working with a group can even strengthen things that make each person exceptional.

Eventually, when we look back at the sum of the choices we've made so far, “be yourself” is actually an overrated concept. No one is born that way until we make choices for ourselves, get along or fight with other people, and continuously strive to see the bigger picture as we age and learn from mistakes. We are only as unique as the people we surround ourselves with. We can't be truly original by completely severing ties from the rest; most of the time it is the influence and compassion of other people that we respect or love that give us the ability to figure out aspects within ourselves that truly make us incomparable. We are not original because we were born to be. We become exceptional once we stop obsessing that we are, and embrace a world that is already largely diverse that no person is greater than the other.

## Heraldo Filipino

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Thumbs down on the “No plastic drinking straw” policy for the first month of classes. Prohibiting the use of plastic straws but not other plastic utensils like spoons and cups defies the sense of going plastic-free. Frankly, that's still a lot of plastic we consume. Plus the hassle of drinking without a straw is just too much.

The Human Lasallian Star may not have met its 25,000 target participants and the formation itself didn't feel very cheerful, but the discipline of it all, not to mention that the event was organized under a short time (this was, after all, a different event than the original March 4 formation), make DLSU-D's third star a success.

One thing that could have ruined the Human Lasallian Star formation was the Oval. It's been a long time since the dilapidated track oval has been in its gross condition and action has to be taken now. More than the need for such facility, the appearance of the Oval is embarrassing.



# Outside that box



Myka Almira C. Diolola

I have always been active in school since I was a kid. I enjoyed joining extra-curricular activities, not wanting to confine myself in the classroom and just study. I would always find a way to make sure that my ten months in school wouldn't bore me to death.

But as I stepped into college, joining an organization didn't cross my mind. I told myself that college is tougher than high school and that I should start focusing on my academics alone. Nevertheless, it all changed when my friend dragged me to HERALDO FILIPINO's (HF) booth during our freshmen orientation. After a few weeks of keeping the fliers and an accomplished application form in the corner of my room, I've finally decided to take the qualifying exam. I can still remember myself standing in front of GMH213: it took all the courage I have to enter the HF office and tell them that I will take the exam.

Now, I am a member of HF for three years. I admit I had hard times with balancing the demands of being a student and a school publication member. It came to a point that my academics was no longer my top priority. There are instances that I spent more time working on a layout for HF than doing my projects. I experienced not coming to group meetings because I was busy laying out a page. This is not to say that I completely neglected my studies

“Being in an organization makes me feel that I really matter.”

for HF, but to point out how committed I was and still am to the publication.

It's just that being in an organization gives me the feeling of belongingness; it makes me feel that I really matter and my talents are fully utilized and developed. This is where I improved my craft as an artist and met different people who helped

me make that happen. These are also the people who eventually became one of the closest friends I now have.

I've learned a lot by joining an organization. Sure, the competent professors I had really did a good job on teaching me the things I know today, and I am truly grateful to them. But being in an organization taught me a lot of things I can't learn just by sitting in a classroom. I learned how to manage my time, prioritize and balance my academics and extra-curricular; I realized how important it is to maintain good grades because a single failure will mean losing my scholarship, or worse, my termination in the publication. HF taught me discipline, a sense of responsibility, and molded me to become a better person.

It is an undeniable truth that being a member is harder than becoming a member. But if you love what you do, that passion will be enough to keep you from quitting. Whatever perks follow your membership are just accessories to your unwritten contract as you enter an organization—the contract that states all your duties and responsibilities as a member. In the end, it's just you and your love for the organization itself.

# Land of the onions



Alira Kristine M. Esplanada

If you're living in a country with 7,107 islands, where different ethnicities exist, race is a very sensitive matter. We are sensitive and even more so when it's our race or identity that is being mentioned in a way we wouldn't like. Filipinos have become more sensitive and would express immense outrage when any mention or representation of our race appears to be an attack to our identity (may it be intentional or not).

The clothing line Bayo was once a trending topic on Twitter because of its controversial ad campaign “What's Your Mix?” The material features half-Filipino models, highlighting their mixed races through percentages of their blood lineage (for example, Jasmine Curtis-Smith's ad is marked 50% Australian and 50% Filipino). The moment I saw the copy, I felt nothing but admiration for the models' looks, until I found out that the brand's ad campaign caused uproar in the online community. Various sentiments from social media users spread

like wildfire; critics expressed dismay as they thought the campaign was patently racist. What worsened the situation was the additional detailed ad released by Bayo stating, “This is just all about mixing and matching. Nationalities, moods, personalities, and of course your fashion pieces. Call it biased, but the mixing and matching of different nationalities with Filipino blood is almost a sure formula for someone beautiful and world class

“Filipinos can turn the tables and just make something positive out of racial issues.”

... Having Filipino lineage is definitely something to be proud of.”

I understand why many people took the message negatively; I suppose it wounded their egos with their understanding that you need a foreign blood to be “beautiful and world class.” The negative reactions could also be out of insecurity that at some point, many Filipinos wished they had a mix of foreign blood so they would look better. I felt sorry for those who got the wrong message and failed to grasp the real one:

that foreigners are the ones who need a mix of Filipino blood to be exceptional.

I find pure absurdity on this issue that if only those who were displeased could have been more open-minded and accepted the fact that they are conquered by oversensitivity and overreaction. Bayo's ad campaign wouldn't be as controversial as Manny Pacquiao's loss against Timothy Bradley if most Filipinos have not taken it too seriously. Truth is, we can turn the tables and just make something positive out of racial issues.

It wasn't the first time that Filipinos expressed indignation over racial matters they consider offensive and degrading. We reacted on the controversial British comedy show *Harry & Paul* for disgracefully portraying a Filipina domestic helper; similar case was the controversy over a *Desperate Housewives* episode that belittled Filipino medical professionals. It is acceptable if some people need to blow a fuse at times over this culture thing but I think most of us are just too quick to react on racial matters that are actually petty if we try to look at the bigger picture.

We can say our defense of our race is our way to express patriotism, and racial remarks are truly offensive sometimes, but why not weigh things first and avoid overreacting at every hint of perceived offense to our race. I know we are better than blurring out irrational comments. Besides, we Filipinos are naturally optimistic anyway.

# Rush culture

Papaano na nga ba nabubuhay ang mga tao? *Rush hour*, *rush ID picture*, *rush passport*, *rush thesis*; halos lahat na ng bagay ay *rush*. Siguro nga dumating na tayong sa punto na naging isang parte na ng kultura natin ang mga pagmamadali sa mga bagay-bagay. Hindi na ako magtataka kung isang beses ay nagawa na ninyong hindi matulog ng isang buong gabi para lang tapusin ang isang project

“Marami pa ring tao ang rushong rumespeto sa deadline—pero aminin natin, hindi lahat.”

na late nang sinimulan. Sa ganitong pagkakataon natin maitatanong sa ating mga sarili kung saan nga ba natin nailaan ang mga oras na dapat ay para sa gawain na iyon.

Mahirap tapusin ang maraming bagay, lalo na kung hindi mo alam kung papaano mo sila pagsusunud-

sunurin o pagsasabay-sabayin, at kung anong tumbling ang gagawin mo para pagkasyahin ang 24 oras ng iyong araw para malaanan ng sapat na panahon ang bawat isa sa kanila. At dahil sa pagkalito natin sa mga ganitong sitwasyon—na sa kolchiyo ay napakalimit—nauuwi tayong sa isang hindi mabuting sistema.

Personally, gusto kong isaayos ang lahat ng gawain ko sa tamang oras upang tuluyan nang mawala sa bokabularyo ko ang salitang *rush*. Mahirap, oo, pero hindi imposible ang pagkakaroon ng epektibong paraan ng paghawak natin ng ating oras. Sa huli, kung iisipin mo, nasa atin pa rin naman ang direktang kontrol ng ating oras. Kung baga, it all boils down sa actual na page-exert ng effort na mangyari 'yon.

Ayokong mangaral, dahil kahit ako rin naman ay dumadating sa punto ng pagra-rush. Pero 'eto na lang ang isipin natin: bakit nga ba talaga tayong nagara-rush? Dahil ba tulad ng sinabi ko ay sadyang mahirap pagsabay-sabayin ang maraming bagay? O dahil ba hindi natin sinusubukang baguhin ang nakasanayan na nating gawin? O baka naman sadyang pinapairal natin ang katamaran?

Isipin mo.

# WITBREAD

# Guilt in Happy Meals

By Ella Grace Heteroza

Given the self-conscious junkie that I am, you would see me working out, engaging into new exercise fads, joining any martial arts club my pals are in, and watching any 10- to 15-minute circuit workout on YouTube. I am extremely terrified about being overweight and yet here I am again struggling with bad eating habits. Other than skipping meals, I have also been attached to all the unhealthy stuff. At first I'll get a cookie or two every Saturday as a reward for a good week's worth of exercise, but before I know it, I'm already feasting on chocolates, chicken burgers, and all things fried and greasy. Although I constantly tell myself that I wouldn't fall for all the tempting food, I can't seem to stop. And when temptation gets the best of me and I finally give in to my craving, I get extremely frustrated. Add to that all the unsolicited comments I hear from people about how big my belly and thighs are. I start exercising again, then get tired, binge and the whole process just repeats itself.

Many people have considered food to get over stress, to soothe and comfort the heart after a breakup, and take it for gratification. Food, after all, exists for a person's satisfaction. But food has become an addiction for me. Well the truth us, we get addicted to things that please us, especially if our happy pill is just within arm's reach. Knowing how easily we can get what is addictive, it's only natural for us to jump on every chance we get.

“We condition ourselves to automatically turn and run toward our place of comfort.”

Whenever we find ourselves pushed by life and people into a corner, bound by invisible chains that refuses to let us pull away from the depressing reality, all we could ever do is to desperately look at anything that feels good and hold on to it tightly. Resisting something so tempting is energy-draining, even stressful, so in the end, we give in. We condition ourselves to automatically turn and run toward our place of comfort. Then it becomes a habit and we can no longer stop. We momentarily lose any sense of rationality and our ability to weigh the possible consequences of our actions against temptation.

Simply put, it's like eating chocolate. A bar a week is fine but eat it 24-7 and you'd end up with a cavity. Everything in excess won't do you any good. Likewise, an excess of happiness can lead to very bad outcomes. It's just that when we're happy, we temporarily go blind and would not recognize the absence of the negative. You become reckless, you take more risks, and you forget the important things. In my case, I eat more, stop exercising, and ignore other people's thoughts about my figure. I'm in my own little euphoric world; I'm happy and that's all that matters. However, nothing in this world is permanent, not even happiness, especially if it's gained in an instant. So when the clock strikes twelve, when I see myself in the mirror, or when I'm down to my last treat, everything will just come slapping me hard on the face. Then I start to realize how grave the consequences of my actions are, and my mind is filled with sheer panic. Don't get me wrong, it's not bad to pursue happiness. We all need some form of release at some point. We just have to know when to stop or when it starts being unhealthy. Easier said than done, I know. I've been there; well, I still am. It's a never ending battle of wills; whoever has a stronger hold on self-control wins.

The HERALDO FILIPINO is accepting contributions for Witbread.

Contribution is open to all students, faculty, University staff, and everyone in the DLSU-D community.

Send them by email to [heraldofilipino@yahoo.com](mailto:heraldofilipino@yahoo.com)

Contributions are subject to selection and editing of the editorial board and should not have been previously published in any way.



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Massive thumbs down on this year's freshmen orientation. There were no organized tours for the new batch of DLSU-D frosh, we even heard that food was very scarce (students and their parents were given *ensaymada* for lunch, we were told), and the whole half-day program was really boring.

Thumbs up for the new Candido Tirona Hall (CTH) extension, which was built and furnished completely—chairs, boards, paint, etc.—within just two months. The other CTH extension isn't built yet as of writing, but that this new structure is ready for students use is a good enough proof that the University can deliver under time pressure.

The new structure behind the Warehouse Office called WHRM was utilized in the start of this semester even if the building was very poorly furnished. The floors of WHRM are rough concrete, there were no air-conditioning units or fans in the rooms when classes started, and just the whole area looked like a basement.



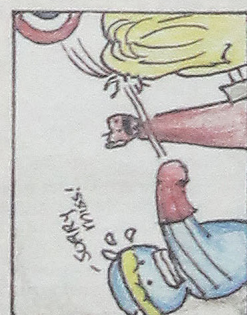
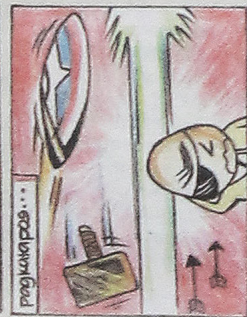


# A DAY OF GREEN AND WHITE

Photos by Arlette Claudine Atienza, Albert Niño Gamino,  
Mary Jo Lara, Miguel Oquias, and Ma. Justelle Serrano  
Layout by Gessine Sarmiento  
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# FRESHMEN TO-DO LIST

By Timothy Ezra Comising and Brian Mey Tomas

Photos by Ma. Jasrelle Serrano and Albert Niño Gamino



## 10 THINGS YOU SHOULD TRY OUT NOW THAT YOU'RE IN DLSU-D

The popular notion that college is much more interesting and more free than high school is true. This is where some exceptions to the rules can be made and people dare themselves to experience many things and just get the most out of their youth. And as a college freshman, you are of course excited to do just that. But before you go on with your *earth-shattering, life-changing* college adventure (exaggeration intended), you might want to try the basics of university life here in DLSU-D first. That's why we advise that before breaking out, you ...

### Experience the most popular diners outside



Something you'd discover soon enough is that having lunch in the food square almost every day could get a little sickening. The same menu, the long queue, and the everyday struggle to find a table, are just a few of the troubles that would send you out of your freshman calmness and eventually out of the school to look for a new place to take lunch. If that time comes, the safest move is to dine in the most well-known restaurants outside. Just beside 7-Eleven is Nanay's eatery, famous for its friendly owner (dearly called "Nanay") who makes dining homey, with really cheap prices. Beside that is Momo's, known for its sizzling food and unlimited rice offer. You can also find BB's Tapsihan, which offers arguably the best *silogs* in the area.

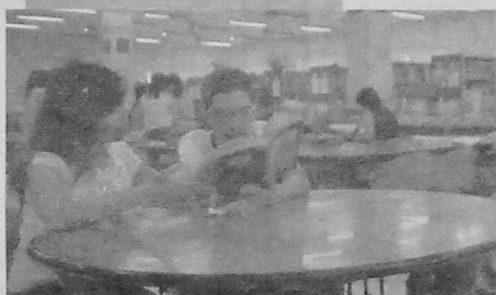
Other diners you should also try are Fiat's, Jatayna's and Dalaga's.

### Get a drink at Dasmalate



Dasmariñas City's version of Manila's most happening place, Malate, is a chain of bars and a few clubs called Dasmalate. It is located in front of (and even beside) Villa Isabel, which is just a jeepney ride from school. Dasmalate is practically open to everyone regardless of age, and that makes it a notorious hotspot for heavy college drinkers. Of course, we don't advise that you drink while you're underage; that's illegal. But if you're new to the area and you happen to be of legal drinking age, then go ahead and party there. The place may not be as alive as Malate, but it sure is a great place to drink up with your friends and loosen up from all the pressures college life brings.

### Check out some books



A good way to pass the time is to read books at the Aklatang Emilio Aguinaldo (AEA). The Aguinaldo Shrine-inspired library houses a collection of books, periodicals, theses, and other reference materials that will be of great help for your academics. You can also use the conference rooms at the first floor that provide a quiet atmosphere for group discussions and other activities.

The facade of the AEA is a bigger version of the Aguinaldo Shrine that's designed to contribute to the historical aura of the museum complex (which includes Museo and the chapel). AEA's 19th century design, along with its rooms that were named after the 13 martyrs of Cavite, commemorate the Caviteños' heroic acts during the Philippine Revolution.

### Discover your group's favorite *kainan*



While grabbing lunch in the famous eateries is a safe bet for you, finding a favorite, less-known one is still the best for you and your newfound friends. Here's the thing: the more popular a diner is, the more students flock there to eat. Now a bigger crowd means less time to hang out and chat with your friends (because at some point, you would have to leave and let others eat there too). So, search for a nice place to eat—don't look for something fancy—and mark your territory. Be friends with the owners, stay there as often and as long as you can, and of course, be loyal. Having a definite place of dining will prove beneficial when your schedule has long free time periods and your group has nowhere else to hang out in. In short, make your lunchtime venue your hangout place too. Who knows, you might even get a discount.

### Reminisce at the garden



Everyone goes through relationship issues once in a while, and these are the times when people would rather be alone. If you want to spend some time in solitude (with a sentimental song playing in the background) because of a recent heartbreak or whatever other problems that burden you emotionally, there is always the Botanical Garden where you could reassess your life. There, nature will help relax your mind and will make you forget the sorrow and worries you're undergoing, while enjoying the company of plants, flowers, and a soft breeze.

If in case you're not after mending a broken heart, you can have fun with your friends over a picnic together, or just hang out in the garden on a warm afternoon.

### Attend a mass

It's not the most thrilling thing to do in college, but given that you are in a Catholic institution, you might as well get the most out of this experience and visit the University Chapel for a Holy Mass. There is nothing remarkably different in the celebration of the Eucharist in the University at noon every day. Still, a Lasallian approach to Catholicism may be something new for you that you'd want to witness.

The Mass in the chapel generally takes less time than the regular one on Sundays. Also, the University chaplain, Fr. Jun Perez, is an unusually cool preacher with a great sense of humor and an impressive ability to connect with the youth.

### Go back in time



As you walk along the man-made lake, you might notice the fort-like structure near the University Chapel—the Museo De La Salle. This 19th century-inspired *bahay na bato* (a building made of granite pilings, bricks, mortar structure, and wood) is packed with mementos of the Spanish occupation in the Philippines.

Inside this building lies a collection of woodworks, paintings, and equipment that guarantee a worthwhile trip to the past. Walking inside the hallways is like a journey back to the days of heroes and heroines as you see paintings and ornaments line up the walls.

Aside from that, you may also want to check out the old-fashioned garden at the back of Museo. Looking at the flowers while playing with your imagination can be quite amusing for those who like eerie stuff.

If you happen to get hungry after your Museo tour, it won't take you long to find Café Museo, a dining hall that also gives out the 19th century vibe.

### Go mall-hopping

It's probably one of the most expensive college hobbies, but we assure you, it is a real and existent college hobby. Hanging out in malls after malls is possible because other than the obvious SM City Dasmariñas, there are a bunch of other malls near the school, which students can go out to during their free times. There are SM branches in Bacoor and Molino, Alabang Town Center and Festival Mall in Alabang, and well, Dasmariñas' own MOA: the SM Mall of Area along Kadiwa (for the uninitiated, it's the unique Marketmall we're talking about).

If you choose to get into this habit, make sure that you are well-endowed; malls have a subliminal way of getting through your wallet so always be prepared.

### Grab cheap bites outside Gate 1



Eating street food is a habit that won't die down after high school. Every day, a number of vendors outside Gate 1 sell a variety of street food, which by experience, are much cleaner than that of the typical ones sold just about anywhere (the gross dip-for-everyone practice isn't observed here). All the classic Pinoy street foods you can think of can be found in these stalls, like *kwek-kwek*, *siomai*, *proven*, and even *bopis*. But aside from that, there's also some fairly unfamiliar food that you'll encounter like *takoyaki* and *musubi*.

In the end, it all comes down to your choice to pick up a stick and start spearing food for a quick snack before or after a long class.

### Join an organization

To make your stay at DLSU-D even more memorable (and perhaps, productive), join a club or organization that suits your talent and skills.

If you are someone who are willing to develop skills that are related to your chosen program, co-curricular programs can be very helpful for you. But if you simply like to be with people who share your hobby, the many social organizations in the University are where you should be. On the other hand, if you're the athletic type who thinks that raising the Patriots' banner is your calling, then try out for our varsity teams and have your skills recognized. The performing arts group and us here at the official student publication also welcome talented youngblood who are in it for a serious commitment.

Working with fellow students in organizations will certainly help you gain unforgettable experiences and certain knowledge and insights that will equip you once you leave college and face the real battle out there.



# No more surprises, please



**MAYBE PARANOID**  
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Sean Patrick B. Filoteo

After a four percent tuition increase for upperclassmen this academic year, DLSU-D suddenly imposed the removal of last year's 20 percent upon enrollment paying scheme. The adjustment forced many to pay twice the expected amount for it has set the lowest percentage back to 40. Good for you if you already prepared more than one-fifth of the fees; it is likely that you had little to no inconvenience. However, for the less wealthy ones, the change could have been a huge stumbling block in continuing education.

According to some of the people I know, the University might have taken that course of action

due to the ongoing constructions that need to be funded, and perhaps, they need an extra budget for their continuation. Well, if you think about it, the change is not that bad of a deal. First, because it helped prevent higher tuition hikes and second, the change itself clearly shows where our money will go. Assuming that is the case, then good; I find the change acceptable. But if there's one thing that's objectionable, that's the fact that students were not informed ahead of time regarding the changes in the payment system.

Actually, other than the enrollment issue, other matters related to information dissemination have long been a problem to DLSU-D students. Information usually reaches the student body during the last minute,

or sometimes not at all—and this definitely spells something wrong. Information dissemination remains an issue where in fact DLSU-D has

DLSU-D has a lot of technologies, none of which serve their purpose when needed.

a lot of technologies that can be used as communication channels. But apparently, none of which serve their purpose when needed.

Who is to blame then? Personally, I don't think it's really a problem regarding 'who' but rather 'what.' By experience, majority of the information I get are already regurgitated by a lot of mouths. Rarely has it been that I (and most people I know) get the information first-hand. Hence, I could only believe that it is the medium used to relay the information that actually roots the problem. It's not that we have insufficient resources to pass on the information, but rather we don't use efficiently what we already have.

For instance, the digital clocks installed in strategic places all over DLSU-D. While they are obviously a television, they are still inaptly called and used as digital clocks. If the reason behind putting up those equipment is keeping the DLSU-D community informed of the time, opting for real

clocks would have been a wiser and far cheaper option. So why not make it more useful then? Downsize the clock display that occupies half of the screen, position it in the corner of the screen, and let the television be a real television by using the latter space to broadcast, not the time but video announcements.

Unfortunately, at the end of the day, the digital clocks are just a small part of the story. There's still more that needs to be improved like the retrospective DLSU-D portal, and infrequently used and noticed bulletin boards.

As long as communication remains a gap among members of the DLSU-D community, the envisioned harmonious commune of Lasallians in the University would remain nothing more than a hopeless ideal.



It had been a bad day.

While on your way home, it suddenly rained and you realize that you left your nag outside the dormitory. A long quiz is scheduled tomorrow but your handouts are still inside your bag. Your mood hasn't improved at all. Suddenly your head hurts and you have an urgent desire to devour a box of chocolates. There is also a growing tension in your neck. These things didn't just happen for no strange reason. What you may be undergoing is stress.

According to the American Institute of Stress, stress is a normal physical response that makes you feel threatened, or upsets your balance in some ways. It may manifest in events like surprise quizzes that you haven't even studied for, or when your notes for tomorrow's exam went

missing. Our bodies automatically trigger its warning systems to indicate that something isn't right—and that is when stress begins to affect your state of mind.

Despite what others think, stress can actually be helpful. It keeps you on your toes during an on-the-spot presentation in front of the class and it also urges you to finish the difficult tasks you're working on. Stress on a healthy level is helpful but as the saying goes, anything in excess is bad. Too much accumulation of stress can lead to high blood pressure, heart diseases, obesity, diabetes, and worse, suicide.



## LEVEL ONE: CRAVING MONSTER

As a student struggles to balance his or her time and priorities, he or she might be too driven to finish whatever task is at hand. According to Robert Feldman's *Essentials of Understanding Psychology*, this reaction is caused by the body's attempt to address the stressful situation by using up all your resources either to confront or escape the stressor—this is often called the "fight or flight" response. You can feel the energy flow in your body which keeps you working until you realize that you're already done.

The only downside of this level is the cravings. Those are the food that the mind asks for, and are usually hard to resist. We crave when our body tries to compensate for the resources that were used up while our intense working momentum is on the fly. Alan Hunter, an Edinburg-based allergy specialist, said: "Stress puts pressure on all systems of the body, and if there is an existing weakness such as a craving, then that is intensified because under pressure, the body tries to regulate itself."

A level-one stressed person usually craves for food containing carbohydrates like junk foods, sweets, and sodas. Tom Von Deck, a stress management coach and trainer, explained that this occurs due to secretion of stress hormones called cortisol. The hormone will be used for emergency sugar supply stored in the liver, and keeps you from passing out while doing long tedious work.

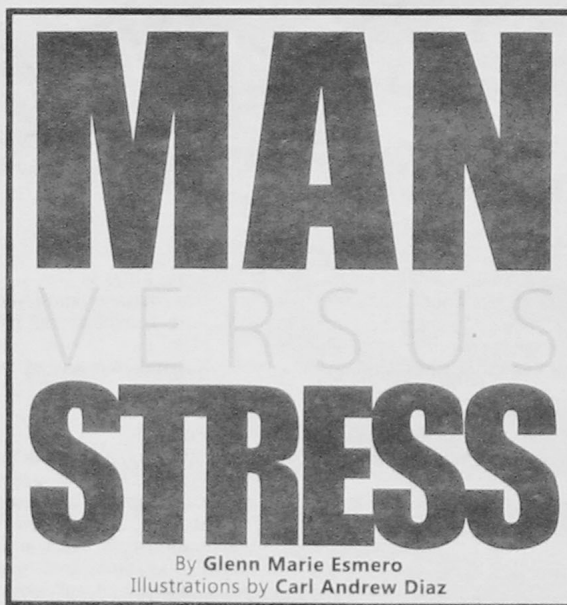


## LEVEL TWO: ALARM BELLS ARE RINGING

At this level, the stressed person may complain about distress because he or she cannot bear the stress. The internal psychological pressure of accomplishing tasks is intensified. That is usually accompanied by pessimistic thoughts like "what if I make a mistake?" or "what if the things do not go as planned?" Those feelings can pile up and worsen the self-doubt and the fear of making a mistake. It is also accompanied by neck ache, back pain, and eventually muscle spasms.

Moreover, the person might suffer from tinnitus or the sudden high-pitched ringing in the ears. According to Dr. Ross Coles, a United Kingdom-based doctor who studied about this condition our ears have the tendency to increase their capability to hear sounds whenever we get stressed or anxious. This causes our body to experience a heightened level of alertness—one that causes our ears to send abnormal streams of impulses to the brain.

Dizziness and light-headedness may also occur as stress starts to develop at a level beyond what our brain can normally handle. This causes our brain to, like any other machines, malfunction and undergo third level.



## LEVEL THREE: TRANSFORMERS

Among friends, people love to kid around, and often times someone becomes the laughing stock of the group. But what if that person just snaps?

Level-three stressed people are usually ill-tempered (and may even want to chop the head of someone) because they are almost emotionally stable. One minute, you're fine and the next, you're a monster ready to bite any human being who comes in your way. Warning: Such mood swings can get worse if the stressor remains ignored.

People usually experience this level of stress when they fail to accomplish a task because of a blunder. Those who experience this kind of stress usually try to solve problems on their own, and if they commit mistakes, they can only hold themselves accountable.

Anyone who undergoes this level of stress will also have physical changes in the body; the skin will sag because the cells are stressed out and the right amount of nutrients is not given. Part of the physical changes also includes hair brittleness and chapped lips. Internal changes such as tension-related migraines, sudden chest pains, palpitations, constipation, and diarrhea may also occur.



## LEVEL FOUR: A NEW YOU

If machines cannot function well without rest, then so do we. The fourth level of stress accumulation is experienced when one immediately feels tired even when doing only a simple work—this is due to exhaustion.

One of the ways to determine if you are already in this level is to check for bruises. The blue and black discolorations may suddenly appear on the skin due to the stress that causes our veins to contract. This disrupts blood circulation and causes the formation of pools of blood under the skin.

Speaking of blood, this level of stress can also delay menstruation. Health expert Maryon Stewart said that monthly periods are often missed because hormones, when secreted, inhibit the release of egg cells. People undergoing this stress level may also have chances of experiencing extreme weight gain or loss because, as a psychological response, he or she might tend to eat a lot to overcome the stressors, or even avoid food intake because of appetite loss.

In other cases, one may also develop the need to gamble excessively as a way to relieve stress. If you think about it, that temporary stress reliever will just eat up all your cash until nothing's left—that would just be another stressful thing to sort out right?



## LEVEL FIVE: JEOPARDY

The worst isn't over yet. Stress is actually deadly when it gets to this extreme. Social withdrawal like avoiding friends, activities, and other social events occurs in the fifth stage a stressed person reaches. Such situation could lead to attempts of suicide as the only way to free oneself from anxiety. Suicide is definitely not a solution to the problem, but when an individual is clearly depressed, it can be an enough push for a person to put an end to his or her life.

Stress is a serious matter for it can greatly affect our well-being. There are signs that indicate when our body cannot take stress anymore, and we should not ignore it. Even machines cannot work overnight without taking a few minutes to recharge. Yes, there may be times when we know for ourselves that we can handle the weight of responsibilities, but in reality, we are not superheroes who can do all things we need to do. Tomorrow is always a new day to do things better without risking your health.





**CRAZY EFFLORESCENCE**  
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Crisselda F. Robles

*I shouldn't even be writing.* That's what I tell myself when I'm on the verge of creative bankruptcy. I try to convince myself that there are better things to do and that the profession I've been dreaming of is but a fantasy. Reality tries to creep into my consciousness every once in a while, saying that if I did become a professional writer then I would have to live with a small salary and constant dissatisfaction from a lot of internal and external factors. On top of that, the thought of how the media industry is extremely competitive makes me want to be a bum who depends on her parents forever. There are

also instances when I ask myself if writing is a significant vocation, and if being a writer will make my life worth living.

Despite those realities, I still want writing to be a big part of my life, not just because it is what I'm good at but because my writing has grown with me. We've matured together and we have both gone through a lot to be where we are now (yes, I know I sounded like a crazy person referring to writing as if it was a human being).

It was in college when I realized that writing, not just news writing but even fiction writing, can also be a medium for helping people. I believe that once in a while a good story is needed to knock us off our high platforms and to serve as a mirror that reflects what

we have all become. It was mostly through stories when my beliefs and principles were tested. And

“Once in a while a good story is needed to serve as a mirror that reflects what we have all become.”

by the time I realized how big of an influence a story can be to a

person's life, that's when I started knowing the reason why I want to write.

I suddenly recalled when I was just new in writing, I used to compose poems about freedom and individuality. I wanted my compositions to ignite change and when my pieces finally got the chance to be published, the fire that I wanted to share with people has somehow burned more intensely. Maybe it's because of the fact that I can actually reach people now and that has somehow made me more eager to work or probably because the society my pieces are supposed to reflect has changed.

Even though my writing has changed drastically, I continue to try and tell stories that people are afraid of telling and creatively write about the truths that we

refuse to acknowledge. I like to think that I am an artist who creates scenes not by paint but by words and that the real task of an artist is to open closed eyes and closed minds. I also like to think that any form of art reflects what's around us and it has the capability to be the voice of a generation. I am still far from being able to help people through my writing though. Right now, the only thing I can do is to hope that I am reflecting the society through my pieces by choosing the topics most people would rather not talk about. There are times when I try to tell stories that I think will wake people up from hypocrisy or the like but most of the time, I try too hard and end up losing the principle that I want other people to see. Even then, I still hope that I am truly doing what a writer should be doing.

Illustration by Reggie Joseph Arciaga



# Carmen

By Yngwie Eusebio and Clarisse Nicola Espiritu

Si Kuya ang nagpakilala sa akin kay Carmen, pero noon pa man ay nakikita ko na siya. Tatanga-tanga minsan ang dalaga, pero daig pa ang artista. Nakita ko siya noong napadaan ako sa madilim na bahagi ng aming bakuran. Kabisado ko na ang likod ni Kuya kaya kahit na madilim ang paligid ay nakikilala ko siya. Tinawag ko si Kuya at lumíngon silang lahat na magkakaibigan, kasama na r'on si Carmen. Nangangamoy usok ang mga hininga nila at may nakasinding rolyo ng papel sa bibig.

Pinuntahan ako ni Kuya sabay pitik ng papel sa lupa at biglang tinapakan.

"Bakit 'tol?" Walang bahid ng galit, pananakot, o emosyon ang boses ni Kuya na noon ay palaging salubong ang kilay at madalas pabalang kung sumagot 'pag siya'y kinakausap ko; ngayon para siyang bangag at manhid na hindi ko malaman.

Hindi ako sumagot at ipinakita na lamang sa kanya ang bote ng suka at ang sukli sa kamay ko. Tumango siya. Hindi ko maiwasang mapansin ang tinapakan niyang rolyo ng papel at si Carmen na patuloy ang pag-usok ng bibig.

"Ano 'yan?" ang tanong ko pa.

"Wag kang maingay kay Mama," ang sabi ni Kuya.

Naaamoy ko ang halimuyak na nanggagaling kay Carmen mula sa ikalawang palapag ng bahay namin; mabango at nakakaakit na para bang gusto mong lasapin mismo ng malapitan ang amoy nito. Gusto ko siyang makilala, o kahit na makatabi man lang. Sinamantala ko na ang pagkakataon nang umalis si Kuya, baka pumunta sila sa bahay ni Carmen. Sinundan ko sila hanggang Salitran, ngunit bigla silang nawala pagkatapos nilang bumili ng kendi sa isang matandang babae.

"Saan po makikita si Carmen?" ang tanong ko sa matanda. Nakaramdam ako ng kaba nang ako'y nagtanong, ako na isang *fourth year high school* na hinahanap ang kanyang Magdalena. Hindi pangkaraniwang babae si Carmen. Bukod sa mga bulung-bulungan na puro lalaki ang palagi niyang kasama, lagi siyang nakasuot ng maikling *maong shorts* at damit na aakalaing nadampot niya sa aparador ng nakababata niyang kapatid.

Hindi kumibo ang matanda at bigla na lang may palihim na iniabot sa akin na plastik pagkatapos ay nangingi ng singkwenta pesos; buti na lang at may natira sa baon ko. Binusisi ko ang plastik; may tuyong dahon ito sa loob na may konting buto. Akala ko pinatuyong dahon ng laurel lamang 'yon, pero kahina-hinala ang itsura nito. Pasimple ko namang hinulog ang singkwenta pesos sa bayong ng matanda sabay lumakad palayo.

Hindi malinaw sa'kin ang motibo niya kung bakit binigay sa 'kin ang tuyong dahon, samantalang ang hinahanap ko sa matandang babae ay si Carmen. Hindi naman siguro Carmen ang pangalan ng tuyong dahon na 'to. Wala akong ibang nagawa kundi umuwi at hanapin na lamang sa *Internet* si Carmen; hinanap ko siya sa Facebook, sa Twitter, sa Google, umaasang makakalap ng impormasyon tungkol sa kaniya.

Hindi ko namalayang tinatawanan na pala ako ni Kuya habang nakaharap ako sa *computer*. Nakauwi na pala ang mokong. Pagharap ko sa kanya ay lalo pa siyang tumawa ng malakas.

"Gusto mo talaga siyang makilala?" ang tanong ni Kuya.

"Sino?"

Pinanood ko si Kuya habang pinupunit niya ang ilang pahina mula sa lumang bibliya na nakakalat lang sa bahay, at kinuha 'yong dahon na binigay sa akin ng matanda sa Salitran.

Nirolyo.

Sinindihan.

Noon ko na lamang namalayang naninigarilyo na pala si Kuya sa loob ng kwarto namin. Lagot na talaga siya kay Mama.

Iniabot niya sa akin 'yong rolyo ng papel na may sindi.

"Mas masarap kung hihigupin mo ng malalim 'yong usok ... mas swabe ang pasok."

Hindi ko na inintindi pa ang sinabi ni Kuya, basta't hinihithit ko na lang ang binigay niya.

Hithit uli.

Naramdaman ko ang pagdating ni Carmen.

Hithit pa.

Pakiramdam ko ay sasabog na ang baga ko.

Hithit uli.

Para bang alak; hindi masarap pero tagay ka pa rin ng tagay.

Hithit pa.

Kumakapal na ang usok sa 'king paligid hanggang sa hindi ko na makita si Kuya. Pero may mahahabang daliri at makinis na palad na humawi sa kurtina ng usok, at doon lumabas si Carmen. Para siyang bata; nakakairitang nakakawili ang pagka-ignorante. Kinuha niya ang may sinding sigarilyo sa kamay ko at siya mismo ang nagpahithit sa akin nito. Pakiramdam ko nabalutan ako ng mabango at nakakaakit niyang usok.

Pakiramdam ko ay mapuputol at malalaglag ang ulo ko sa sobrang bigat, pero napalagay ako nang maramdaman kong nakahawak siya sa batok ko.

Hithit pa, sabi niya.

Paghinga ko, bigla akong natuliro na para bang nasa kalawakan, lumulutang sa kawalan habang nakatitig sa matitingkad na bituin sa mga mata ni Carmen.

Hithit pa ulit. Nakaramdam agad ako ng natakot na kapag nawala 'yung sindi at naubos na ang rolyo ng papel ay mawawala rin si Carmen.

Hithit pa. Bigla naman akong nagutom at nauhaw. Palagay ko ay makakakain ako ng isang malaking elepante at makakaubos ng isang tangke ng tubig.

Patuloy lang ako sa paghithit hanggang sa naubos na ang rolyo ng papel. Paunti-unting nawala ang usok at tuluyan nang nawala si Carmen. Sumama siya sa pagnipis ng usok at paglinaw ng paligid na para bang kurtinang tumaas habang nakatayo ako sa entablado at nakaharap sa reyalidad. Niyaya akong kumain ni Kuya at pagkatapos ay pinauwi ako sa bahay ng lola ko dahil may pasok na kinabukasan.

Wala nang tao sa madilim na bahagi ng bakuran namin. Wala na rin ang matandang nagbebenta ng kahina-hinalang dahon sa may Salitran. Napansin kong maraming tao ang naghihintay sa pwesto ng matanda; mga suki siguro ni Carmen. Mapalalaki man o mapababae, lahat ay naghihintay na makatagpo muli si Carmen, ang babae na aking pinapantasya.

Umupo ako sa higaan ko at naramdamang may dahon pang naiwan sa bulsa ko. Naisip kong pumunit ng pahina mula sa likod ng aking *notebook*.

Nirolyo. Sinindihan.

Humithit.

Ngunit hindi na muling nagpakita ang pinakamamahal kong si Carmen. Nakakailang rolyo na ako, pero wala pa rin ang Magdalenaang nagdala sa akin sa ulap ng walang hanggang ligaya. Tila hindi na niya marinig ang tawag ko sa makapal na usok na pumapaligid sa'kin.

At hanggang ngayon, hinihintay ko pa rin ang pagbabalik ni Carmen, inaasahang muli niyang hahawin ang usok sa paligid ko habang nakangiti sa akin at tawa nang tawa na parang tanga. Malamang ay maramdaman ko na lang sa pagkakataong paubos na ang upos ng buhay ko, ang pagbabalik ni Carmen, na may dalang kalawit at sinusundo na ako.



# KAPAG NAHIMBING ANG UTAK

By Crisselda Robles

Nanuot sa aking bungo ang dilim,  
kinumutan pati ang aking pag-isip  
at unti-unti itong pinahimbing  
kahit na mga paa ko'y nananatiling gising.  
Naglalakbay, naghahanap, naggagaygay  
habang nangangapa.  
Nananatili sa kama ng imahinasyon ang aking diwa,  
hindi makabangon mula sa kadiliman.  
Lalong humigpit ang yakap ng isip  
sa unan ng walang kamalayan  
kahit na mga paa ko'y nananatiling gising.  
Tila bangungot ang bawat ideya  
kahit ang mga paa ko'y nananatiling gising.  
Sa dilim ay sarili lamang ang mapagkakatiwalaan.  
Bigla na lang sumindi ang higanteng screen  
kaunting liwanag lang pala ang kailangan  
at magiging din  
ang isipang pinahimbing ng kadiliman.



Illustration by Enrico Paolo Topacio

# PUTIK SA KAMAY

By Yngwie Eusebio

Nagyeyelong oras sa wasak na pila  
tinutunaw ng mga luha ng mga bata.  
Hinihintay na sambitin ng hardinero  
na sila ay pumikit at tumingala.

Ang kanyang maputik na kamay  
ang magtatakda ng inyong bukas.  
Ang kanyang matalim na gunting  
ang haharapin ng'yong tapang.

'Pag ikaw ay kanya nang tinabasan,  
ilang patak ng dugo mo'y didilig sa lupa.  
At mula sa basang lupang iyong tinatapakan  
tutubo ang isang mumunting halaman:  
Ang bunga ng iyong katapangan.

# Begin an ending

By Clarisse Nicola Espiritu

Looking outside the window, Ross noticed another star falling from the sky, etching a straight trail of light across the bland black sky. Something stirred within him and told him that another star was gone. Ignoring these hunches made him look back at his father lying on the bed beside him; he can already discern the crushing weight of disappointment his old man would feel once he tells him the news.

There was a knock on the door. He opened it casually for he was thinking whether he could let the old man die in peace without telling him that he doesn't want to take over his work. A man with blond hair and fair skin was behind the door, handing out a paper to him.

The paper was from the astronomer who went missing after the death of the very last star on Earth. It said: "The answer for human's search for immortality lies within the stars. Stars in the sky are like the goddess Aphrodite inside a diamond, while humans are aliens with big heads at birth that eventually become crippled and withered in years. They can only be pretty little things for a decade or so. A star's only job is to shine, nothing else, while we work tirelessly for the things we want. They are contented with glowing and shining, watching us from heavens above. Human needs are like an abyss that we try to fill even until we die, but we realize it just wasn't enough. When stars die, they magnificently burst like fireworks and grace the night sky with glitter confetti of blues and violets. It has more dignity in death while humans explode into flying bits and pieces, blood splattering all over.

We can only dream to be like those stars in the sky. Those stars die young and wonderful, while humans die old and decay fast. They die warm, we die cold. When humans cease to exist, it will be the only moment they'll die and their last time to live, but for stars, it is to begin an ending, and end a beginning.

We deserve to be looked down upon from the heavens while we could only wish we could be like stars. We deserve to die and rot under their beautiful shining light."

He looked up at the blond person. "Who are you?"

"I am he," was all he said. He went to read the paper again when a bright light blinded his peripheral vision. The blond man was gone, and behind him, as if like a background, the fallen star went back to its original position, shining brighter than before.

His heart sunk and he ran to his old man, the paper in his hand. He wasn't even sure if that blond man was Death waiting for his father or if he was actually the astronomer who discovered the secret of the stars and came down to look for another immortal.

Even if he was not sure, he still ran. Ross immediately stopped when he saw his father kneeling beside a lump on the bed covered by a blanket, crying.



Illustration by Harold Maglalang



## SPORTS BRIEF

Patriots Dafny Joy Jocson and Marianne Ramolete, Dian Rose Aquino, Arvin Daz, and PJ Villamor represented the Region IV-A in karatedo, taekwondo, badminton, and football, respectively, in the Private Schools Athletic PRISAA held in Cebu City on April 22-28.

Settling at third place, CALABARZON finished a total of 133 with 49 gold, 41 silver, and 43 bronze medals. On the other hand, the defending champion Region VII recorded 117-44-41 medal tally. The Region XI sit on fourth place with 27-51-57 while Region I tallied 6-6-15 on fifth place.

Meanwhile, after the said event, the DLSU-D volleyball team wrapped up the 2012 Cavite Athletic Association of the Philippines CAAP.

## Jocson, Ramolete seize medals

By Albert Niño Gamino

Chipping in points for Region IV-A, DLSU-D's Dafny Joy Jocson and Marianne Ramolete clinched the first and second spots of their respective events in the karatedo contest of the PRISAA on April 23-26.

Ruling the +68kg female kumite division, Jocson overpowered Brendalie Velasco of Region VI, while Ramolete grabbed a silver medal in the -61kg female match after her duel with Princess Sicangco of Region III.

## Daz snatches bronze in mix doubles

By Albert Niño Gamino

Bagging the only medal for DLSU-D shuttlers, Arvin Daz forced his way to earn a bronze medal in the badminton's individual category of the mix doubles in the PRISAA on April 23-26.

Region IV-A's badminton squad easily slipped away in the elimination phase of the team contest. The scenario brought Arvin Daz in the mix doubles competition with partner Lani Anunsacion of the University of Perpetual Help System Jonelta-Biñan.

CALABARZON's duo routed Region X in the elimination round at a 2-0 set rally before overcoming Region III in a 2-1 decision set. The pair continued to collect wins in the succeeding games but not until Region VII froze their winning streak in the semi finals, settling CALABARZON at third spot.

Last year's CALABARZON tandem in the mix doubles—gained Patriots Daz and Mia Villarin—a silver run. Villarin was confined in the hospital two days before her flight in Cebu City after suffering from a back strain which forced the Region IV-A committee to replace her immediately.

## CAAP crowns Patriot volleyball champ

By Queenee Manaog

After drafting an all-win record, the DLSU-D women's volleyball team ruled the CAAP as they trampled the University of Perpetual Help System JONELTA-GMA (UPHSJ-GMA) in the championship match, 3-0, held in May at the University of Perpetual Help Rizal-Molino (UPHR-M) gymnasium.

Patriots outscored their opponents in the eliminations. The volleyballers routed UPHR-M in a 25-17, 25-8, 25-10 verdict before trouncing UPHSJ-GMA, 25-13, 13-25, 25-9, 25-22. Lastly, DLSU-D whipped St. Dominic College of Asia in the semifinals, recording a 25-10, 25-12, 25-15 victory.

## Paddlers, no gold for this year's PRISAA-Nationals

By Sean Patrick Filoteo

Last year's champions Patriots Oscar Bucad and Chester Gutierrez fell back at fourth in the 2012 Private Schools Athletics Association (PRISAA)-Nationals, held at the University of Southern Philippines-Foundation, consequently surrendering the table tennis doubles crown to Region VII. On the other hand, Ian Co of the men's singles tallied another year in his second-placing PRISAA-Nationals stint since last year.

## Dethroned duo

An upsetting semis defeat against Region VII's Christopher Cortel and Darbet Tripoli brought the CALABARZON delegates, Bucad and Gutierrez, in the battle for third against Region XI's Barry Abraham and Jirchson Catamco on April 27.

Along with the their unachieved road to championship, the Patriots duo apparently lost a lot of steam after giving in to an early five-point snag of errors, 0-5. Catamco's slip-ups in his powerful smashes offered chance for Gutierrez to seal CALABARZON's third reprisal through service ace. The bombardment, however, lasted shortly as receiving errors placed the Luzon-based paddlers' feet back to their spot at 3-8. Alternating outside blows from both sides dictated the last beat of the set which closed at 6-11.

CALABARZON's weak defensive line continued to stretch up to the second set, creating a rather noticeable weakness for Region XI's advantage. On the other hand, the Mindanaoans failed to keep up their offensive play halfway the game's run, leading a quick chase for

Patriots to even out the scores at 4-4. The deadlock was immediately broke after DLSU-D's duo both chucked an outside blow, followed by Catamco's full-on smash that pushed Region XI two points ahead, 5-7. Scores continued to run about the two-point lead until the 8-9 mark, when a net-hitting drive and outside lob by Gutierrez filled the deficit for Region XI, 8-11.

The third set was a rough run-up for both teams who were still struggling against their strings of errors. Region IV-A took advantage of the first surge of Region XI's inaccurate drives, 6-3; tables then turned and CALABARZON lost its lead from outside errors, 6-6. Gutierrez's chop, along with Catamco's bad lobs, reclaimed the Patriot duo's stand in the upper hand, 9-6. However, another unexpected resurgence of outside blows and net-hitting drives in Region IV-A's side carried the Mindanaoans to the 9-10 advantage. Bucad, in the most opportune timing, successfully landed a chop to put the lead back at square one, and revived CALABARZON's falling hope for victory, 10-10.

The first exchange of careful blows brought an 11-11 output. Immediately, Bucad succumbed to two net drives, which brought the game to conclusion, 11-13.

## Same old spot

During the championship match on April 27, Region VII's Mar Deplian drew a strong, clear line that completely separated Region IV-A's Ian Co from the Cebuano's overpowering speed and offense.

Early in the first set, Deplian quickly unleashed a shower of powerful

smashes that pushed Region VI to a quick 2-6 advantage. Co managed to steal three points from Deplian's errors, 5-9. However, with three consecutive service aces, Region VI still claimed the set's favor, 5-11.

Co, in the second set, break off his full-on offensive exchange of blows with Deplian and rather focused on his defense. Co's tactic evidently fared well as he managed to convert Deplian's forceful smashes into outside blows, 5-4. Errors began unsettling Region IV-A's dominating play, and served as a hint for Region VI to re-launch a salvo, 7-7. Co's net-hitting drives and an outside smash put the game to finish at 7-11.

Errors eventually took its heavy toll on Co's play as it freely gave away points to Region VI in the third set. The first chain of inaccuracies troubled Co for four rounds until Deplian missed his drive, 2-5. However, the Region VI delegate quickly got back to his toes, and took a straight flight to victory, 2-11.

## Tourney in gist

Team games also commenced on April 23-24 consisting of two singles and one doubles per region.

In the men's division, Region IV-A peaked at third with the record 2-1 against Region VIII; 2-0 against Region VI; 0-2 against Region V; 2-0 against Region I; 2-1 against Region XII; and 1-2 against Region III.

Meanwhile, the Region 4-A's lady paddlers emerged second overall after tallying 1-2 against Region XI; 2-0 against CARAGA; 2-1 against Region I; 2-0 against CAR; and 2-0 against Region II.

## DLSU-D tankers take home 15 gold in PRISAA-Nationals

By Sean Patrick Filoteo

DLSU-D's Region IV-A delegates made big waves in the Private Schools Athletics Association-Nationals after reaping 15 gold, eight silver, and six bronze medals in the two-day swimming competition held on April 23-24, Cebu City sports complex.

## Individual feats

Patriot men's Jerome Magallanes and Wilson Rabino both stood out as DLSU-D's frontrunners of the competition with three gold medals each.

Jerome Magallanes topped the 100- and 200-meter breaststroke, and 400-meter individual medley while Rabino bested the 50-, 100- and 200-meter freestyle race. A silver medal also tallied in the men's record after Rogue Hizola placed second in the 200-meter breaststroke race.

Lady tankers also found their way to bag medals in the national league. Kimberly Briones led the pack with a gold in the 50-meter backstroke race, and bronze in the 100-meter backstroke race. Andrea Justine Fuentes snatched silver in the

butterfly swimming events, and bronze in the 100-meter category while Analyn Hugo garnered silver in 400-meter individual medley.

DLSU-D also conquered the freestyle swimming events after Cherilyn Jurado grabbed silver in both the 100- and 200-meter category, and Astrid Magallanes copped bronze in the 800-meter category.

## Relay stats

Male tankers seemed to have a tough call after tallying only one medal that is from Hizola, Rabino, Jerome Magallanes, and

Julius Rarela's first-placing stint in the 200-meter medley relay.

On the contrary, lady tankers plunged in to rain down medals on the Patriots' side. Fuentes, Jurado, Medina and Astrid Magallanes seized gold after placing first in the 400-meter freestyle relay, while Briones, Elaine Sabroso and Earleane Medina notched silver after ranking second in the 200-meter medley relay. Bronze also fell at hand when Hugo, Anjiah Gimena and Ghem Ghem Daya landed third in the 200-meter freestyle relay.

## Visayan teams dominate Nestea finals DLSU-D leads Luzon delegation

By Albert Niño Gamino

## Luzon's powerhouses

DLSU-D dictated the Luzon elimination round's tempo after emerging as champion in both men and women's category. Abdilla and Villanueva consecutively collected their wins from University of Baguio (UB), 21-13 and 21-18; University of Luzon (UL), 22-20 and 21-18; and University of Perpetual Help System Jonelta-Biñan (UPHSJ-B), 21-19, 21-23, and 15-9. On the other hand, Manzano and Bembo's tandem routed UB and the University of Cordilleras at 21-16, 21-11 and 21-13, 21-15 conclusions, respectively.

Heating day two of the tourney, Patriot male spikers and UB collided, while the green-and-white volleyballers clashed against UL in the semifinals. DLSU-D spikers advanced to the championship after posting a 21-16 and 21-15 result while their female counterparts secured their own

slot after dispatching UL in a 21-10 and 21-8 conclusion.

## Double knockout

Considered as one of the cornerstones in the Luzon elimination, DLSU-D squads proved their dominance in the finals against UL and UPHSJ-B in the men's and women's division, respectively.

Patriot spikers kept their opponent with a single-digit score as Abdilla and Villanueva's down-the-line strikes continued to penetrate UL's defense until a 15-9 rally. Alternating points flowed from DLSU-D's pair before they closed the first set at 21-12 through Abdilla's cross-court drop shot and Villanueva's service ace. Meanwhile, Nelson Alejo and Ronel de Guzman of UL recoiled in the second set after posting an early lead at 0-4. The duo managed to lead the rally until 6-7, but Villanueva completely dissolved UL's advantage after rejecting

Alejo's kill and blowing three spikes, 12-8. The Patriots' favorable lead prolonged until the match point. Abdilla seized the game with his kill, 21-18, to hail DLSU-D as king of Luzon's sandcourt.

Achieving the same feat in the finals, Manzano and Bembo smoothly wrapped the first set of the game against UPHSJ-B's Jessica Corato and Rachelle Villanueva in a 21-7 verdict. In the second set, Manzano pulled her team from a deadlock in the mid-rally after blocking Corato's hit twice, 12-8, while Bembo's services added points for the Patriots.

UPHSJ-B grabbed the opportunity to tie the score at 15-all while DLSU-D suffered from a series of errors. On the other hand, Manzano's superiority was unleashed in the concluding part of the rally after nailing six points, while Bembo contributed a point from her service ace to seal the contest at 21-17.



**POWERHOUSE.** Patriots Alnakran Abdilla and Joel Villanueva vie in Boracay after prevailing in the Luzon eliminations of the Nestea beach volleyball tournament. Photo by Hannah Kassey Bacolod





**LEADING.** Patriot Jerome Oclaret garners the most number of medals among the DLSU-D athletics team in the PRISAA-Nationals. Photo by **Albert Niño Gamino**

# Tracksters, compete in 2 summer national games

## Oclaret leads DLSU-D with 4 medals

By **Albert Niño Gamino**

*DLSU-D's Jerome Oclaret led the pack of CALABARZON athletes in the Private Schools Athletic Association (PRISAA)-Nationals held at Cebu City oval on April 22-29, after garnering three medals in the competition.*

Resuming their summer tourneys, the green-and-white tracksters also ran in the 2012 Philippine Olympic Committee-Philippine Sports Commission (POC-PSC) National Games held at Dumaguete City, Negros Oriental.

### PRISAA-Nationals

Oclaret bested all the competitors in the shot put event, and reaped a gold medal before securing the second and third place in javelin throw and discus throw, respectively.

Noli Torres, who ranked third in the 100-meter run and Mark Fabro, who settled second in high jump and third in long jump, helped their squad on the field. The CALABARZON roster of 4x100-meter relay—composed of Marc Daven Agdasiv, Fabro, Lamex Amor Hermoso, and Torres—seized a bronze medal. Furthermore, Patriot Norman Flores, another nationals mainstay,

was not seen on the action during the long jump event due to his quadriceps injury.

### POC-PSC

Continuing his glorious run at the oval, Oclaret also found his luck in the senior category of the decathlon event after grabbing a silver medal. Moreover, John Rey Tumanda also competed in the same event, while Regine Ganiolon fell short on fifth and sixth spot in the junior division of the long jump and triple jump events, respectively. The three athletes were lined up for Tangub City team while Fabro took a spot in Laguna squad's roster.

# DLSU-D's outgoing duo rule over Petron beach volley tourney

## Nunag, Zarate take early exit

By **Sean Patrick Filoteo**

*The animo spirit prevailed in the Petron Beach Volley tournament as DLSU-D's Gieselle Bembo and Jennifer Manzano dominated the first leg. Meanwhile, newcomers Patriot Cherry Rose Nunag and Jennifer Zarate failed to emerge in the second leg after Zarate's elbow sprain.*

### Seasoned spikers

The long-time topnotch Petron Beach Volley spikers Bembo and Manzano set another high-flying record, after nailing down University of the East (UE) spikers Francislyn Cais and Jessica Paron on March 9, at the De La Salle-Health Science Institute.

UE had an immediate taste of DLSU-D's domineering attacks after witnessing Bembo's fiery service aces, and Manzano's solid drives throughout the game's early points, 5-1. DLSU-D's duo continued carrying the green-

and-white spikers higher as the UE bets continued dodging the full-on blows, 10-5.

Paron lost her beat midway in the first set, after throwing away points from outside services and receiving errors. Cais tried to pull through the loss by landing a drive after the Patriots' receiving errors. However, Manzano quickly unleashed a solid service, while Bembo slammed a kill to put an end to Cais' attempt to redeem UE, 14-8.

After Bembo's drive that settled scores at 17-9, Cais also started to lose her pace, significantly stunning UE's offense and defense. DLSU-D grabbed the opportunity and went on a straight flight to end the first set, 21-9.

UE's earlier defeat left a bad impact in the second set as they struggled against the persistent errors. Although able to set a 3-3 heat against the Patriots, UE's weak offensive and defensive fortress still pushed DLSU-D's lead on a sharp climb to 10-3.

Hope shone down UE after Manzano tossed an outside service. Despite that, the Manila-based spikers still failed to take on the opportunity and rather kept themselves in the spiral of errors, 17-4. Manzano's series of drives carried DLSU-D to the crucial 20-mark. A net service temporarily hampered the Patriots' victory, but Manzano immediately closed the set with an all-out kill, 21-6.

### Bad start

Nunag and Zarate dropped out during their first game in the Petron Beach Volley second leg at Lingayen, Pangasinan, after Zarate's elbow sprain forced the duo to concede against the De La Salle-College of Saint Benilde (DLS-CSB) spikers.

"Ang score no'n 14-8 nung ma-misreceive ko 'yung bola tapos hinabol ng partner ko. 'Yung siko niya 'yung unang bumaba 'dun sa buhangin. Then ginanun (pinilit i-serve 'yung bola) niya pa, kaya nagkaproblema do'n sa braso

niya. Pinagpatuloy pa namin 'yung game kabiti medyo injured na 'yung kamay niya," said Nunag.

The referee called a default win for DLS-CSB, after deeming Zarate incapable of continuing the game. The decision was settled after the crucial five-minute assessment of Zarate's condition.

"Then titingnan nila, five minutes 'yung recovery. 'Pag nagalaw niya pa 'yung kamay niya, tuloy 'yung game, 'pag hindi na, default 'yung game. So ang nangyari, talagang iniyakan niya na 'yung kamay niya, kasi nga hindi agad natawagan ng timeout... kaya ayun, hindi na talaga pinatuloy 'yung game, pina-default kami."

According to Nunag, Zarate had fully recovered from her injury since April. However, Nunag said that Zarate will no longer play for the varsity team after being pulled out from the squad, according to her parents' will.

### SPIKERS from page 16

opponent behind until the end of the set. Eventually, with a large gap advantage, Region IV-A owned the set in a 25-21 result.

CALABARZON kept their efficient strategy in the fourth set and recorded an at most six-point lead, 20-14.

Region VII revived their rally by 4-0 run, 21-18, but too much of Abdilla's presence above the net displeased Central Visayas' comeback. Region IV-A successfully started another championship streak in the league after a 25-20 conclusion.

Entering the semifinals of the PRISAA-Nationals, CALABARZON squad built their standings with a zero-loss record.

Region IV-A earned their first win against Region I in a 25-19, 25-17, and 25-15 domination while Region

II was demolished via 25-10, 25-13, and 25-11 set scores. Completing their winning streak, CALABARZON also swept Region III in the elimination round in a 25-17, 25-22, and 25-21 conclusion.

### CAAP from page 16

who in turn, grabbed the spotlight with a scoring chain. Tone claimed the courts after sweeping out the Patriots' barrier twice, in his flight to bank a layup. Tone reprised his feat with an acrobatic assist to two of Roman's layup and one of Baronda's jump shot, 67-58.

With less than three minutes left, Castro made a three-point blow, setting the scores at 70-58. Acain then conquered the latter time and slammed eight points in the hoop, 78-62.

Although a new quarter opened, Acain's momentum remained in heat, drafting two layups in a row, 83-64. A long run filled the remaining half of the quarter until Roman stormed back to revive the three-point prowess of

the Altas. Roman banked two three-pointers, along with Tone's layup, 72-85. Manuel struck back with a three-pointer for DLSU-D but Ikan and Roman immediately teamed up to even out the loss, and follow six points, 89-85.

With thirty seconds on the clock, Castro's free throw brought another point to DLSU-D, 90-85. Vinluan's immediate defensive foul placed Roman on the free throw line, 90-86. While against the clock, Patriots got a hold of another free throw advantage. Manuel successfully scored two to hint the game's conclusion, 92-86. Tone grabbed the last six second's tick and slammed a two-pointer before the game closed, 92-88.

### CAGEBELLES from page 16

IV-A as the new PRISAA-National's champ.

### Clean record

The CALABARZON women's basketball team went up against Region IV-B-MIMAROPA, 90-29, and Region II-Cagayan Valley, 75-65, in the eliminations,

and advanced to battle for the champion after trouncing Region V-Bicol in the semifinals, 65-54. Moreover, Patriots owned titles at the end of the league as De Gomas received the best guard and most valuable player awards while Gelisan was named the best forward.

### VOLLEYBELLES from page 16

### Star-studded

The Region IV-A women's volleyball team was able to establish a vigorous start in the league. During the eliminations round, CALABARZON clashed with the CARAGA region and Region VIII-Eastern Visayas. They wounded CARAGA region on their first match as they earned

all sets in a 25-10, 25-7, and 25-17 conclusion. Eastern Visayas then kneeled to Region IV-A with a 25-23, 25-20, and 25-22 set scoring.

Meanwhile, the Region IV-A volleybells outscored Region II-Cagayan Valley in the first game of the semifinals, 25-9, 25-14, and 25-21.

# Inevitable change



**FLOAT DEEPLY**

Queenie B. Manao

Life is like a touch-move in a chess game. When you move a piece to a certain position, you cannot pick it again and place it somewhere else across the board. The same thing can be said about the people and events in our lives.

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Whenever I watch a news report about a soldier who received recognition only after his death, I get so disappointed because it would seem like we only value people once they're gone. It's a puzzling human condition that often we start to appreciate the importance of

things only when they've already slipped away. We ignore what we have and keep wanting for more that we end up neglecting what was once ours or what we already have.

This is just like the typical story of a rebellious teenager, as we often see in Filipino dramas. The kid develops hate toward his or her parents, thinking that they do not love him or her. Then the story goes on and it sometimes end with death; with the child's parent's demise that ultimately makes him or her change to a better person, realizing what could have been.

As a response to the circumstances of losing what's valuable to us, we do our best for the last chance that we got.

People can give rewards or titles, apologize, or promise to change

“Anybody can recover after worst events only if one has the courage to do so.”

just to try to win back what had passed. Whatever we do, it will stay gone, and all we can do is to look back. A 21-gun salute can no

longer bring a soldier into life nor can regret change what's been done. Those can only be a solace after the distress and betrayal, and, somehow, even respect.

Facing and accepting the outcome is the best thing we can do in those situations. I'd rather be true to myself that I did not cherish what I had so I lose them, than to hope that I can fix things and return them to how they're used to be. As Mahatma Ghandi said, "You don't know who is important to you until you actually lose them."

On the other hand, second chances are still on hand. All we have to do now is to make decisions. After the loss and regrets that we encounter, we can still move on from what happened

and create a new start that will somehow replace what's taken from us. Like in a chess game, one has the chance to reclaim the piece the opponent captured if the pawn reached the eighth rank. Anybody can recover after the worst events only if one has the courage to do so.

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For every loss, there is a gain. It is not a defeat for us because we benefit from the experience. We learn the lesson of appreciating and cherishing what we have rather than asking for more, and that is what I can say is the most important thing: to have a realization after regrets and to change after a mistake. Only in this way would loss be worth it.



- Outgoing duo rule over Petron beach volley
- Tankers take home 15 gold medals
- Sports brief: PRISAA and CAAP results

## RIV-A remains 3rd in PRISAA-Nat'ls



**NATIONALS' QUEEN.** CALABARZON cagebells step up to the PRISAA-Nationals and capture the crown against defending champion Region XI. Photo by **Albert Niño Gamino**

## Spikers produce another national crown for RIV-A

By **Albert Niño Gamino**

CALABARZON reaped another national trophy after a back-to-back championship finish in the Private Schools Athletic Association (PRISAA)-Nationals held at the University of San Carlos gymnasium (USC), Cebu City, April 22-28.

Region IV-A, represented mostly by DLSU-D spikers, successfully defended their title against Region VII at the latter's expense. This is the sixth title for CALABARZON squad under head coach Fidel Rojas in the PRISAA national stage after winning last year's crown, and posting a four-peat run in 2006-2009.

### Back-to-back

Eager to complete a double comeback in the finals, Region IV-A trounced Region III in a 3-1 set score. Alnakran Abdilla and Hudri Kona of CALABARZON squad wrapped the first period with their solid kills at 25-21.

Joining Abdilla's momentum at offense, Louie Dimapilis and John Joven Javier dominated the rallies with spikes early in the second set to edge Region IV-A by 14-12 lead. Alvin Cacayuran stepped up in the concluding part of the set to help CALABARZON claim the second period by 25-21.

Striking offensive errors arose from Region IV-A in the third set, while Jan Aldrin Manuel of Region III threw spikes to put his team on top by 3-8. Kyle Ahton Merritt reinforced Central Luzon's offense to keep the lead and left CALABARZON with a 22-25 output.

With only one set behind from defending their crown in the tourney, Region IV-A ended their semifinals struggle in the fourth period. Both squads endured four deadlocks before CALABARZON pulled away with a 23-18 gap in the last part of the rally. With a continuous offensive momentum, Region IV-A stunned their opponent in a 25-19 conclusion.

### Victorious run

CALABARZON abandoned the USC arena in the finals with the trophy still on their hands, after disappointing the home crowd in a 3-1 set finish.

Region VII secured the first set to a 27-29 run while CALABARZON recoiled in the second period after dictating the entire tempo of the set. Region IV-A prevented the Central Visayas from taking the lead, 25-19.

Matching CALABARZON's pace in the previous period, Central Visayas established an early 2-6 lead in the third set. However, Abdilla and Joel Villanueva evened the score at 11 after shuttering Region VII's defense by their superb kills. CALABARZON went to a 5-0 run to keep their

see **SPIKERS**/page 15

## Cagebells, back in PRISAA-Nat'ls CALABARZON takes championship crown

By **Queenie Manaog**

After a year lapse, the DLSU-D cagebells commanded the CALABARZON women's basketball team in securing the Private Schools Athletic Association (PRISAA)-Nationals championship, with a 4-0 sweep record in the entire tournament held at the Cebu Eastern College, Cebu on April 23-27.

### Bounce back victory

Dethroning the national's defending champion, the CALABARZON cagebells routed the Region XI-Southern Mindanao lady dribblers in the championship game.

Patriot Allalaine De Gomas captained the Region

IV-A squad in the first quarter as she fired shots in both ends of their perimeter, while Rizal's Camille Escoto combined in scoring through squeezing jump shots under the ring, 23-20.

On the 5:58 mark, Southern Mindanao managed to tie the scores as Olive Alcantara and Lewlyn Mollejon dispatched baskets at 30-30. However, De Gomas worked on assisting teammate Diane Marie Gelisan in the latter part of the first half, pulling their lead, 43-34.

Earlier in the third quarter, Gelisan and Rizal's Jen Quitomo alternated in shooting, while Alcantara and Mollejon came back with jump shots, 47-38. Region

IV-A tightened their defense and offensive play through De Gomas' unstoppable firing shots after yielding a fast break to Escoto, 60-47.

On the other hand, Region XI's Kristin Mendoza stormed back as she buried shots before Southern Mindanao's Maybelle Dennis dropped in the last basket in the third quarter, 67-57.

CALABARZON stretched their advantage as Gelisan took her momentum and commanded the team with a 78-67 lead. The Southern Mindanao suffered an 85-70 meltdown as Escoto concluded the finals match with her three consecutive under the ring shots and a delivery shot, naming Region

see **CAGEBELLES**/page 15

## Cagers seize CAAP crown from Altas

By **Sean Patrick Filoteo**

Cold rains did not stop the intense heat of the championship match between the cagers of DLSU-D Patriots and University of Perpetual Help System JONELTA-GMA (UPHSJ-GMA) Altas in the Cavite Athletic Association of the Philippines (CAAP) tournament, held on May 9, in the Altas' home court.

High-percentage shots alternated in either side of the court until the quarter reached second half, and Patriot Jefferey Acain started pumping scores one after the other, sparking off hostilities in the court, 7-6.

Starting with an agile layup that pierced through the Altas' strong ring defense, Acain followed with a jump shot crushing off UPHSJ-GMA's Anthony Roman in defense. Roman witnessed Acain's domination again as the Patriot pulled a swift steal during their crosscourt run, before throwing a jump shot, 15-6.

Patriot Jeffrey Manuel III took over Acain's momentum and slammed in two layups, keeping the streak alive. Patriots Harold Vinluan and Clifford Castro further intensified the scoring lead after scoring three points each, 28-9.

With the alarming growth of point gap for the Altas, UPHSJ-GMA's Erick Ikan stormed in with a three-point shot before

the last minute, 28-12.

Vinluan and Ikan's clash to conquer the three-point line set off the second quarter with an exchange of midair shots. The growing rivalry, however, took a temporary halt after two fouls led Altas' Jano Baronda to score a basket in three of his free throws, 33-16.

In the eighth minute, Vinluan bounced back in the game with a three-pointer. Likewise, Ikan's comeback exhibited a three-point shot backed with Baronda's layup, 40-23. Patriot Carlos Tabaquero joined Vinluan in countering with another set of the three-point shots, 52-25. Altas' Ikan quickly tried to even out the loss and chucked another three-pointer.

UPHSJ-GMA's Jerick Regalado followed Ikan's beat and drafted another three-point hoop. With only 30 seconds left, Acain dashed to slam in a buzzer-beater layup, 56-38.

The third quarter was a salvo for the clashing teams with Vinluan, Castro, and Janari Reyes manning the frontline offense of DLSU-D against UPHSJ-GMA's Ikan and Regalado. Despite the Patriots' consistent layups, the Altas' three-point attacks still gave the home court players the advantage to trim down the point difference back at 18.

As the scores kept drawing closer, the Altas' freed their reins on Adrian Tone,

see **CAAP**/page 15

## CALABARZON volleybelles drop PRISAA-Nationals crown Western Visayas ends Patriots' 3-peat victory

By **Queenie Manaog**

Despite prevailing in the eliminations, the DLSU-D volleybelles, who led the CALABARZON delegates, faced defeat twice against Southern Mindanao and Western Visayas, failing to extend their three-year supremacy in the women's volleyball tournament of the Private Schools Athletic Association (PRISAA)-Nationals held at South Western University, Cebu on April 23-27.

### Halting winning streak

Before facing Region VI-Western Visayas, the CALABARZON volleybelles lost their ticket to the finals when they bowed to Region XI-Southern Mindanao in the semifinals round with a 25-

20, 14-25, 28-26, 23-25, and 11-15 dismay.

"Wala pang ten percent 'yun (performance ng team). Hindi laro ng Lasalista 'yun," said DLSU-D volleyball coach Darwin Campana in disappointment after the squad fell in the battle for the third against Western Visayas.

Earlier in the game, Region VI advanced immediately through Jovelyn Gonzaga's service aces and Jenelyn Bermejos' drop shots, 1-5. The CALABARZON volleybelles went back with blocking errors that increased Western Visayas' score, however, Patriots Giselle Bembo, Jennifer Manzano, and Iari Yongco cut down their deficit with spikes and service aces, 8-10.

Still behind, the

CALABARZON volleybelles remained defenseless from Gonzaga's kills and her teammate Cendymie Amad's hits, 14-18. Region IV-A moved closer to the opponent's lead as Western Visayas' volleybelles fell off with errors, 22-24, yet Gonzaga sealed the first set as she hit a heavy kill, 22-25.

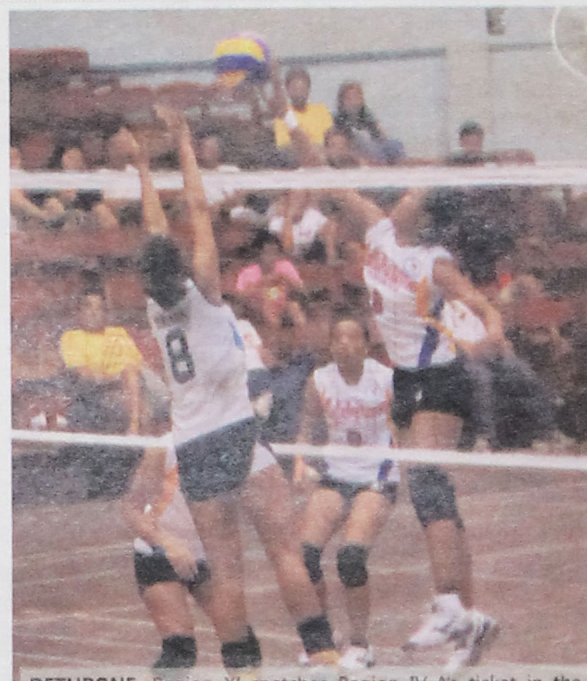
Region VI kept their attacking style in the second set and left CALABARZON with a single-digit score from Bermejo, Fida Ceballos, and Michelle Danica Yu's service and spike errors, 6-16. Laguna's Divine Eguia and DLSU-D's Jessamiflor Fernandez and Manzano's strategies turned out insufficient to secure a set and so Western Visayas buried them in the second set, 11-

25.

Prepared to come back, the CALABARZON managed to tie the scores to five-all in the third set as Bembo and Eguia launched spikes, while Manzano built rock-solid blocks. Region IV-A recharged through Bembo's spikes and service aces that lifted them above Western Visayas, 17-15.

On the other hand, Region VI's Bermejo, Ceballos, and Gonzaga tightly fought against their opponent with their hefty kills, forcing a slim lead, 22-23. Patriots Fernandez and Manzano ended the game in favor of the Western Visayas after committing a receive error and unleashing outside spike, 22-25.

see **VOLLEYBELLES**/page 15



**DETHRONE.** Region XI snatches Region IV-A's ticket in the finals, dropping CALABARZON on fourth place as Region VI stuns them on the battle for the third in the 2012 PRISAA-Nationals. Photo by **Albert Niño Gamino**